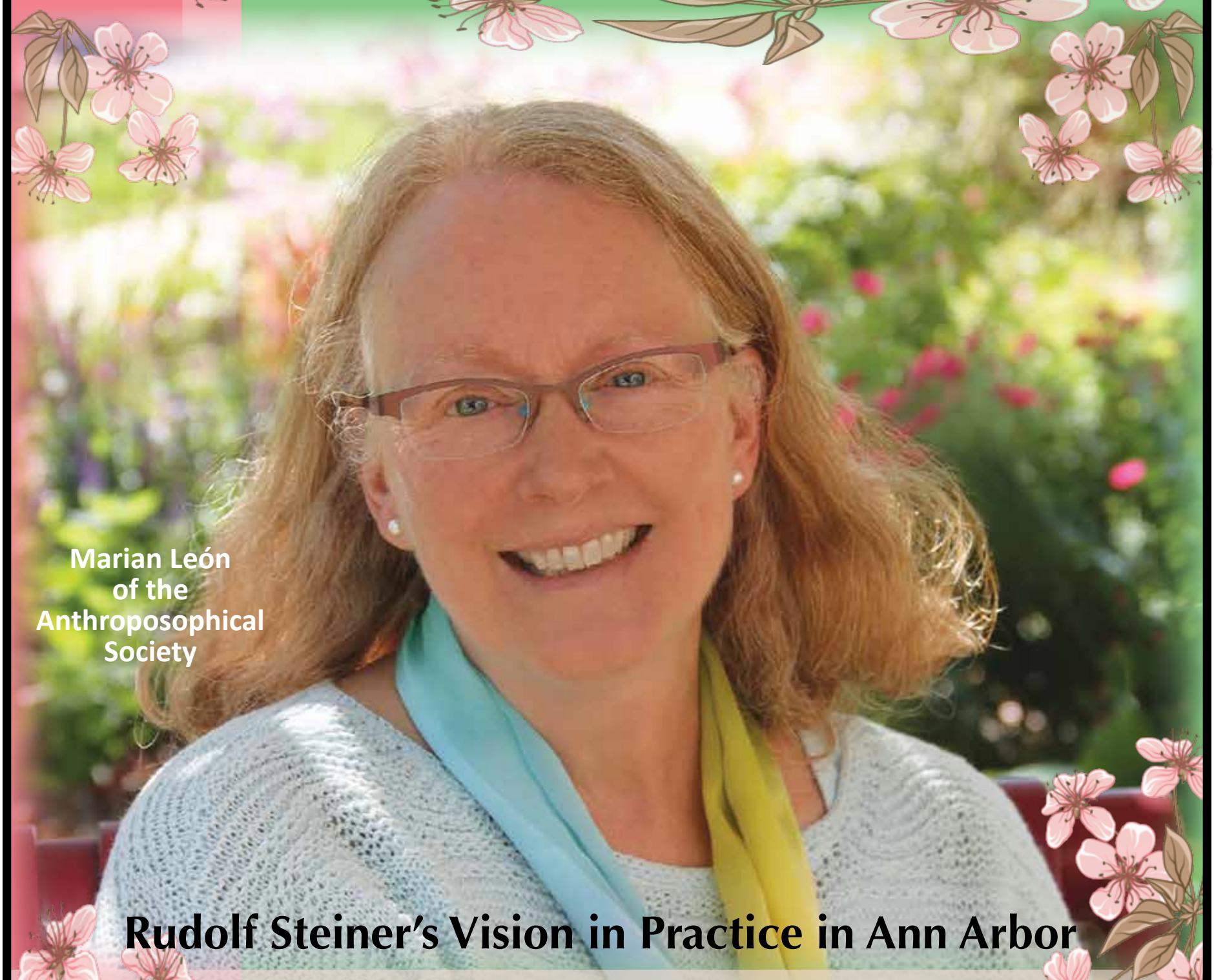
The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Issue 54

FREE

MAY THROUGH AUGUST 2013



Marian León of the Anthroposophical Society

Rudolf Steiner's Vision in Practice in Ann Arbor

Meeting Them Halfway ~ Helping Bees Survive
Wild Swan (Theater) Soars
The People Who Make Our Local Co-ops Happen

Spencer Michaud, the Musical Seeker • Marijo Grogan's Grail Quest • Sacred Sexuality • Fresh Air and Fairies • Exploring Qigong • Fracking in Michigan • CW Kids Section • Spiritual Healing for Animals • Another Chance to Dance • What's New in the Community • and More

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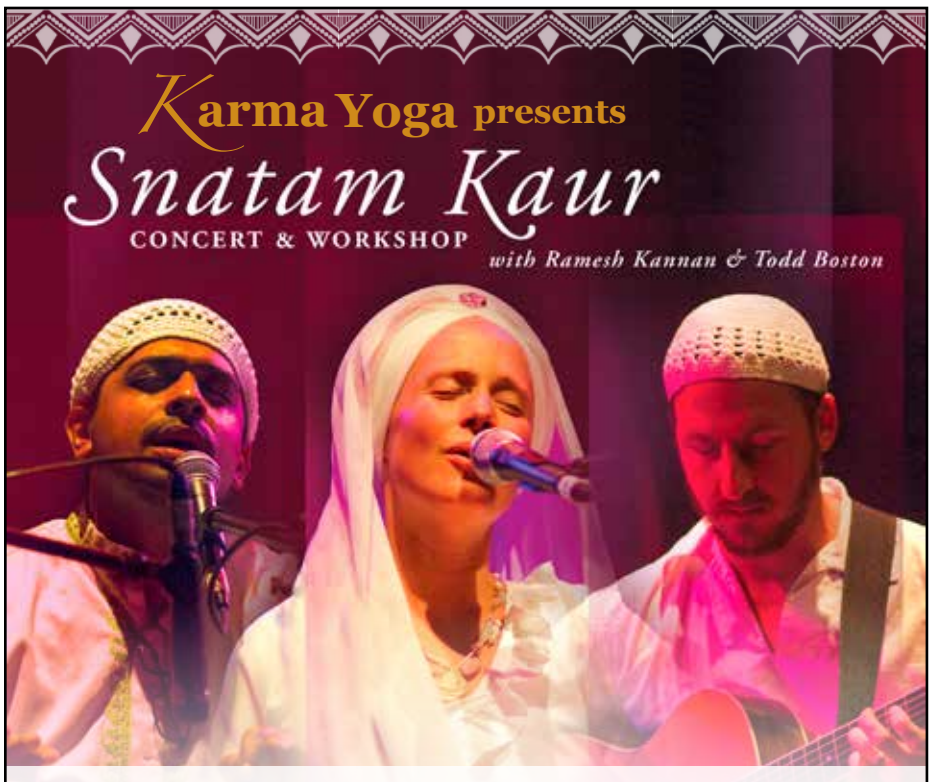

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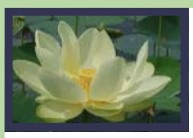

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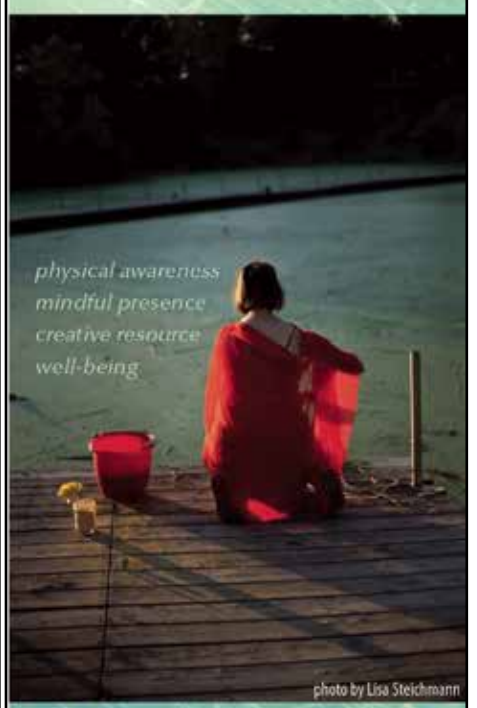

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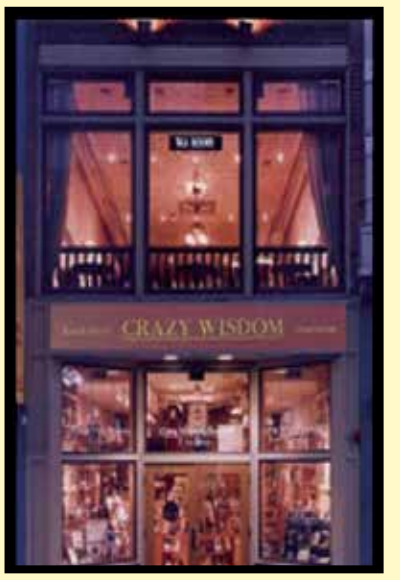

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Crazy Wisdom Bookstore was founded in 1982 by Aura Glaser. Jonathan Ellis helped the store's transition to new ownership in 1989, and since 1989 it has been owned by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

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Ann Arbor's Holistic Magazine

Since l982, Crazy Wisdom Bookstore has served as a center of information in the subjects of conscious living, holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. ***The Crazy Wisdom Community Journal*** is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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A Unique Summer Camp: Fresh Air and Fairies

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— This issue will be posted on our website as of May 1, 2013 —

The deadline for **free calendar submissions** for the September thru December 2013 issue is **Monday, July 15**, and the deadline for **paid advertising** is **Thursday, August 1st**. The issue will be distributed starting in the last week of August. 10,000 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 210 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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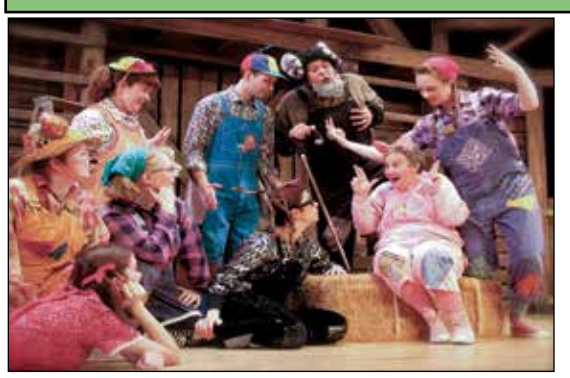

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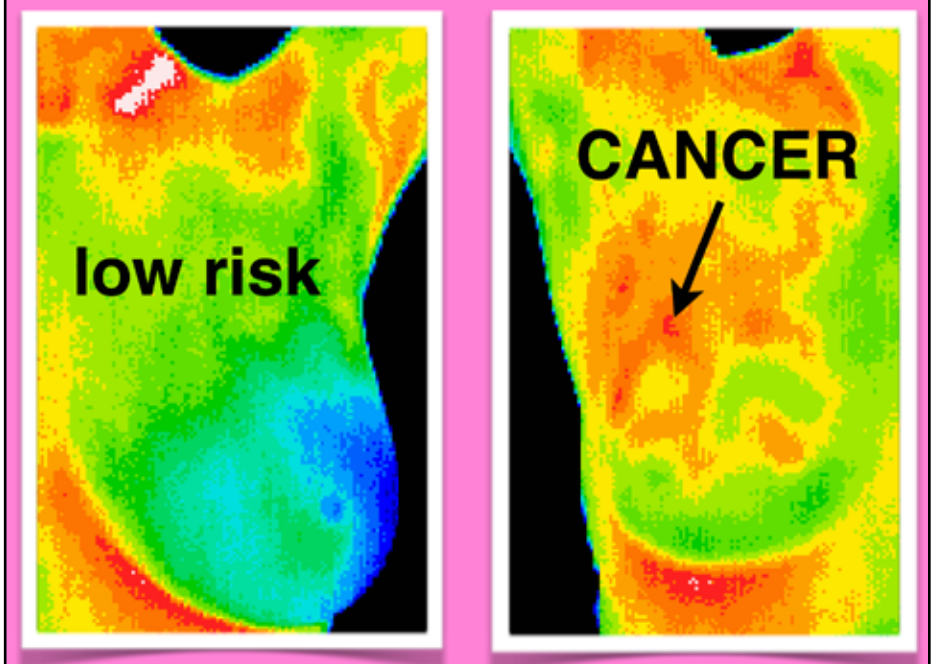

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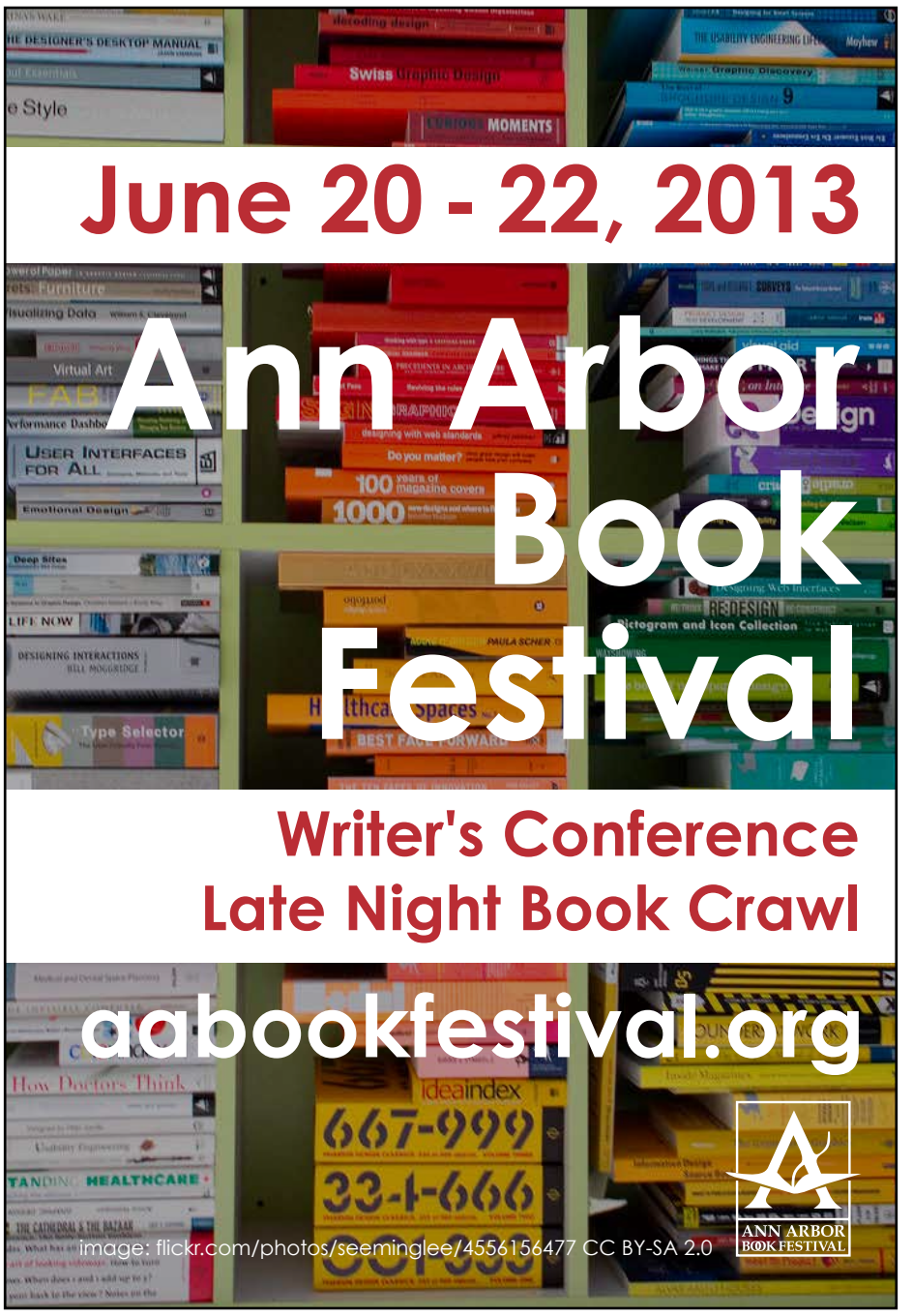

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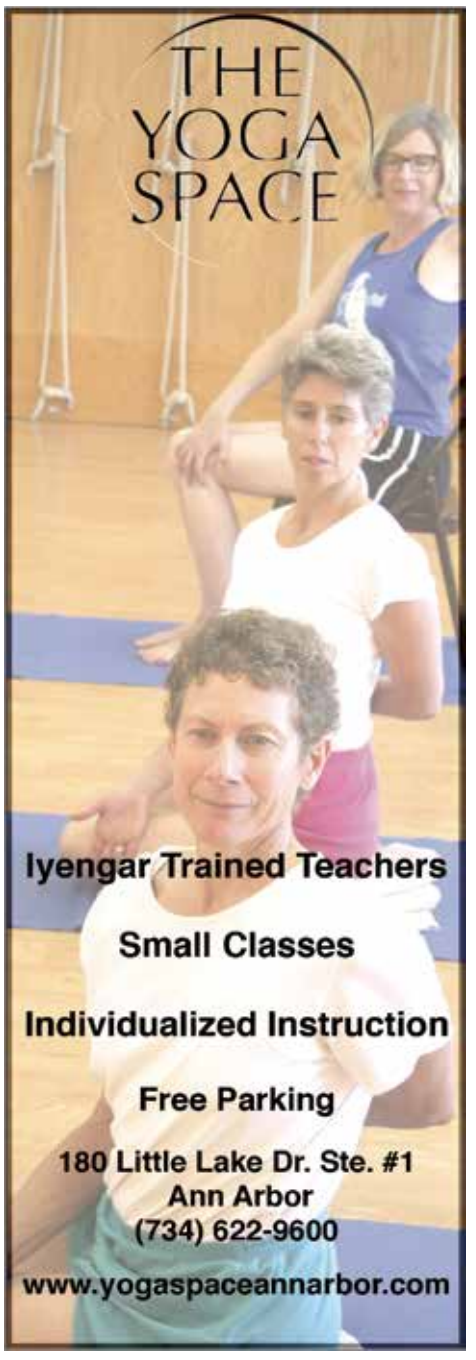

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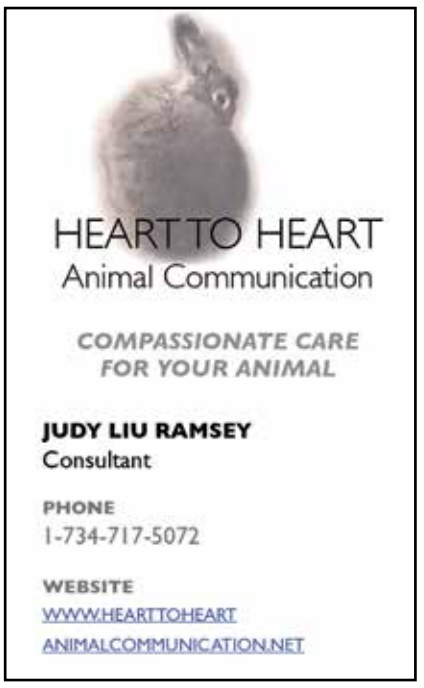
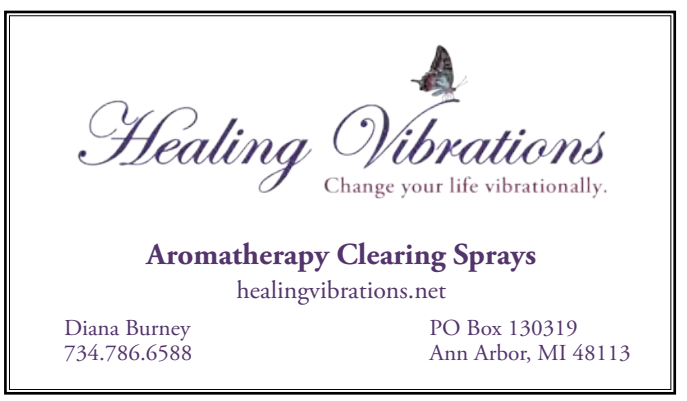
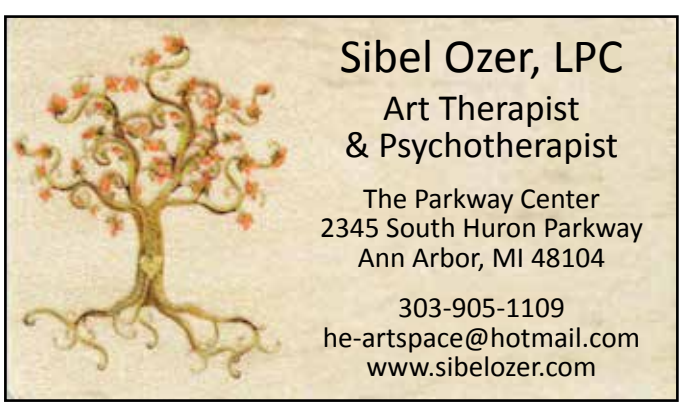


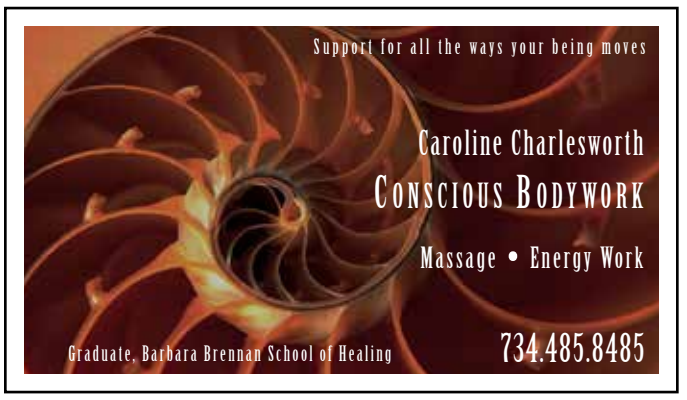
Aromatherapy



Art Therapy



Bodywork/Massage/ Healing Touch



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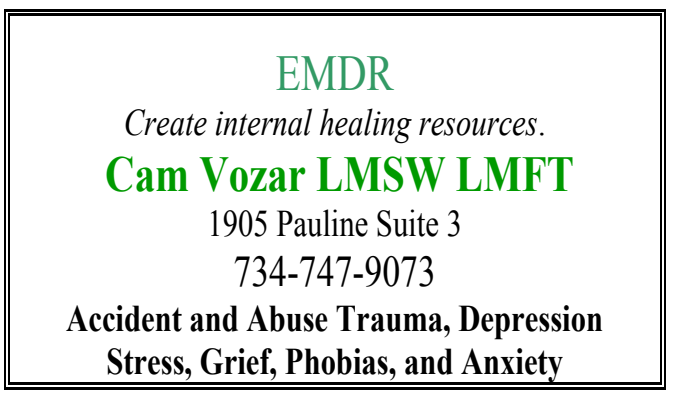

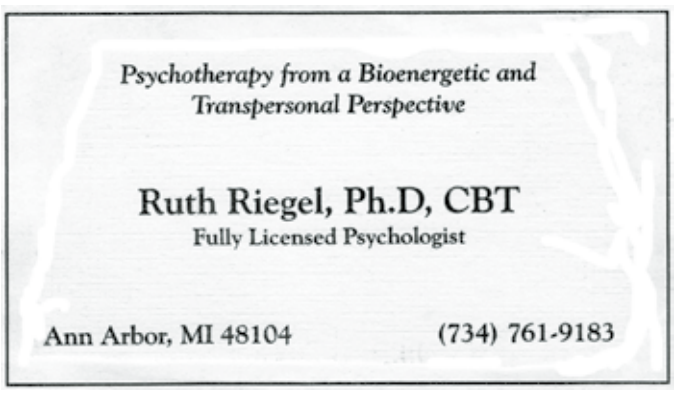

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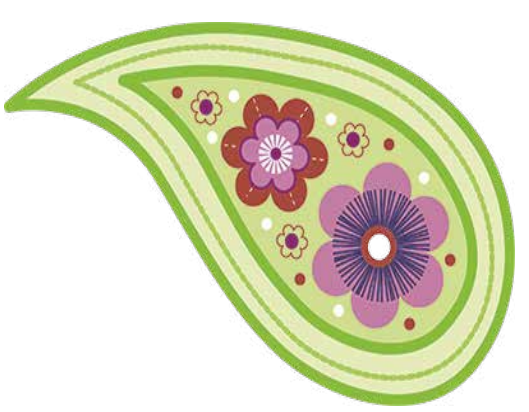


Resources for Conscious Living

What's New in the Community

Atsal Khandro, Traven Pelletier, and Stacey Rayer of Bloom Garden Center

See Article on page 18

Bloom Garden Center, an "artsy boutique-style garden center," just opened in what used to be the Dexter Gardens facility and will house a collaboration of businesses related to gardening, landscaping, water gardening, locally grown produce, and art.

By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

New Offerings by Established Practitioners and Businesses

Alice Brown Gagnon, Licensed Professional Counselor, of The Core Healing Counseling Center specializes in weight loss for life and improving self-esteem.

Alice Brown Gagnon, Licensed Professional Counselor, started a part-time private practice, The Core Healing Counseling Center, after the economic crash closed her practice in Plymouth. She is now counseling full-time in her space above the People's Food Co-op in downtown Ann Arbor. Gagnon specializes in weight loss for life and improving self-esteem. She explained that the two are often interlinked, and that with her clients interested in weight loss she must first spend time healing their self-esteem issues before delving into the small, sustainable behavior change steps that enable long-term weight loss. Gagnon's 2011 book, *Radical Self Care for Weight Loss for Life*, reflects this process. The first half is devoted to healing the self and the second half is spent on the actual steps to weight loss. Gagnon explained that some of us demand extra food to make up for unmet needs. A major aspect of losing weight and keeping it off permanently, then, is learning to meet our own needs in a healthy way.

Gagnon has developed a unique counseling method called Core Beliefs Psychotherapy (CBP), which she explained heals the mistaken core beliefs we hold about ourselves that make us feel inadequate. These core beliefs are developed in childhood, when our undeveloped and very egocentric selves misinterpret anything that goes wrong as our own fault. This causes us to distance ourselves from our real selves and create a "coping self," said Gagnon. CPB can help reverse the mistaken core beliefs that lead to feelings of inadequacy and help us return to our authentic selves rather than our "coping selves."

Gagnon emphasized that her counseling style is very gentle and respecting. She actively creates an atmosphere of safety and non-judgment to help her clients feel as comfortable as possible while working on their therapeutic processes.

Alice Brown Gagnon can be reached at 734-776-2284 or AnHealer@yahoo.com. Her website is www.core-healing-center.com.

Professional photographer Conrad Davillier creates a whimsical scene where children can enact the fantasy of being a fairy.

Conrad Davillier, a professional photographer since 2001, has begun offering a new service: fairy photography! With two young fairies of his own, daughters Jasmine, age 10, and Christina, age 6, Davillier has perfected the fairy photographing process and is now sharing it with others.

Working from his Ypsilanti home studio, where he has a collection of wings and other fairy accouterments, as well as an assortment of props and backgrounds, including plants, a large stump, rocks, and a gazing mirror, he creates a whimsical scene where children can enact the fantasy of being a fairy.

A typical fairy photo shoot begins with Davillier's older daughter and part time assistant, Jasmine, answering the door in her full fairy finery. The child to be photographed and her parents can pick out the wings and fairy outfit of choice and then Davillier takes a few test shots. He shows the parents and child a book of fairy poses and backgrounds and the fairy chooses which she would like to do. When the shoot is finished, the fairy and her parents can enjoy fresh-baked cookies.

Parents and grandparents have been very enthusiastic about the fairy photos. Davillier hopes to take many more as people become aware of this new specialty.

Conrad Davillier's fairy photos can be seen online at www.memoriesbydavillier.com. He can be reached at 734-657-0157.

Local professional intuitive Nicole Bedy recently became an Ashati master and is now offering Ashati healing and attunements. Ashati, Bedy explained, is a new healing system developed by Jerome Baudel. It is similar to Reiki in that it offers physical healing, but it is also a complete personal and psychic development system. Bedy, who is also a Reiki master, said that she has found Reiki to be effective for physical and emotional healing, while Ashati has been more effective for mental healing and intuitive development.

Nicole Bedy will be offering a series of classes in Ashati, a complete personal and psychic development system, on the last Saturdays of May, June, and July from 11:00 a.m. to 2:00 p.m.

Bedy will be offering a series of classes in Ashati on the last Saturdays of May, June, and July from 11:00 a.m. to 2:00 p.m. The classes should be taken in order, and a month is given between classes to allow integration of the concepts. The first class, on May 25, will focus on releasing repressed emotions and emotional and mental healing. The second, on June 29, will focus on reconnecting with your soul level and higher mind, linking the heart and solar plexus chakras. The third, on July 27, will focus on healing without using the hands. Bedy explains that the first class will be useful for everyone and helps create self-empowerment. The second and third classes will be more for people interested in pursuing Ashati more deeply for healing and personal development.

Bedy has formed a Meetup group called A2/Ypsi Intuitive and Healing Growth to spread the word about some of her offerings and classes. Others will be listed on her website. Bedy also offers energy healing, attunements, chakra readings, and etheric cord cutting by appointment.

Nicole Bedy can be reached at 810-941-8842 or Pineriverintuitive@gmail.com. Her website is www.pineriverintuitive.com.

Books by Area Authors

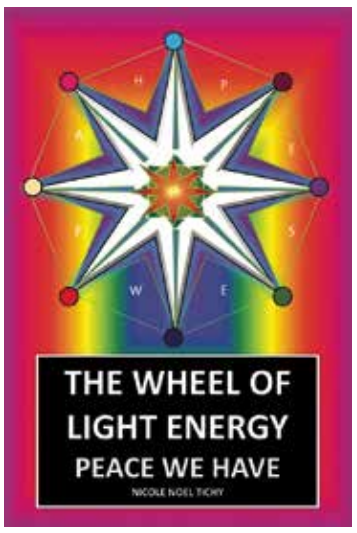
Lisa Bousson, a psychic medium living in Sterling Heights, has published her first book, *The Lessons of Jesus Christ*. Bousson is an ordained minister but considers herself spiritual rather than religious. She said that when Jesus appeared to her during meditation for the first time, she was shocked. Over the next couple of years, Jesus continued to appear to her during her daily meditation and shared lessons with her about many areas of life, including healing, goals, self-care, inspiration, and more. She described Jesus as "a man, a human being, with a sense of humor and a lot of wisdom."

Lisa Bousson, a psychic medium living in Sterling Heights, has published her first book, *The Lessons of Jesus Christ*. The book is based on her experiences in meditation of Jesus sharing lessons about many areas of life, including healing, goals, self-care, inspiration, and more.

The Lessons of Jesus Christ contains 86 meditations from Jesus along with explanations by Bousson. According to Bousson, "There is something for everyone who is seeking knowledge for the path they're traveling."

Two more books are in the works for Bousson. The first will be a book of affirmations and the second will be part biography, part spiritual teachings.

The Lessons of Jesus Christ *is published by Balboa Press and is available on Amazon.com and BarnesandNoble.com. Lisa Bousson is online at LisaBousson.com and can be reached at 586-322-3217.*



Dexter resident and mom of four Nicole Tichy has published her first book, *The Wheel of Light Energy: Peace We Have*. Tichy said the book is an account of her personal journey to enlightenment that was brought on by a near-death experience 13 years ago. As a 22-year-old University of Michigan student vacationing in the Bahamas, she was in a serious car accident in which she broke her back. She and her friends were "in the middle of nowhere," and Tichy was unresponsive and without a pulse for 30 minutes. When she awoke, her back was broken and her then-boyfriend, in shock, told her she had been dead. All of Tichy's friends in the car were injured and they were without a nearby hospital or help of any kind. Forty minutes after the accident, a car happened by with a husband and wife emergency doctor and neurologist from Boston who were on vacation themselves. Tichy credits the couple for saving her legs and her ability to give birth to her four daughters, as they stabilized her back before moving her.

After the accident Tichy began seeing the world differently and she began journaling her process. She felt she had been given a mission when she came back to life, and is now finally ready to share her inner wisdom with others.

Dexter resident, mom of four, and spiritual coach Nicole Tichy has published her first book, *The Wheel of Light Energy: Peace We Have*, an account of her personal journey to enlightenment that was brought on by a near-death experience 13 years ago.

Tichy explained that the wheel of light energy is part of the universal source of love and light energy, spinning us toward a great shift in awareness for the greater good of humanity. "We are what we think, say, and do," Tichy said, and the choices we make daily shift to negative or positive energy. She explained that there are three parts to people: the physical body, the emotional body, and the spiritual body. Most people, she said, spend their lives shifting between the first two in their awareness. The spiritual body, she explained, is more than just the heart and soul; it is our life mission. Through bringing awareness to our mind, body, and spirit, we discover our divine mission. Tichy said that the people she has shared the message with and coached through the process so far have "transformed their whole lives."

Continued on page 16

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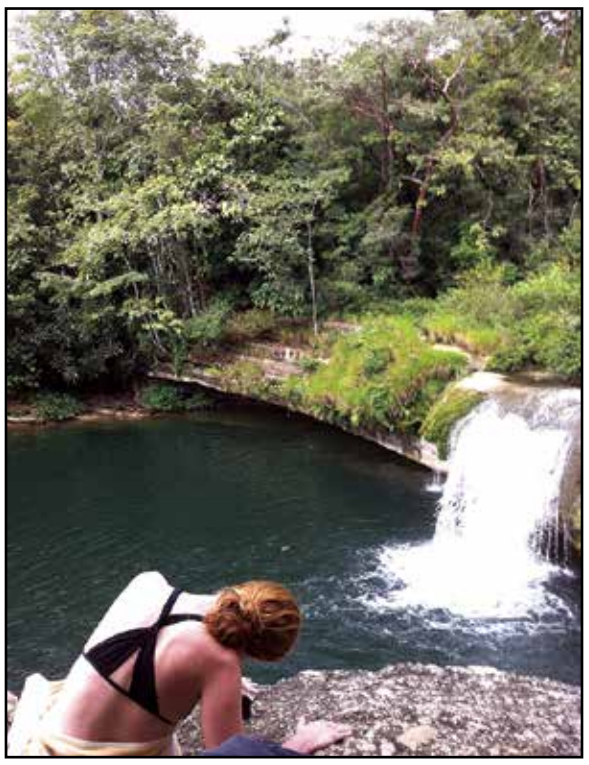
What's New in the Community

Continued from page 15

Tichy will be using the book as a starting point for her new spiritual coaching practice. In explaining the benefits of the book and spiritual coaching process, she said, "It transforms all your fears into love." Everyone is important, she said, and everyone has a purpose. She hopes to connect people with their purpose and to positive energy, helping raise humanity's collective consciousness.

The Wheel of Light Energy: Peace We Have *is published by Balboa Press and is available on Amazon.com and BarnesandNoble.com. Tichy can be reached at thewheeloflightenergy@yahoo.com. A description of the book is online at nicolenoeltichy.authorsxpress.com.*

Upcoming Events



On January 10-19, 2014, Ann Arbor's Naturopathic School of the Healing Arts will bring a group to Belize to study with well-known herbalist Dr. Rosita Arvigo, as well as to meet Mayan medicine men and women, visit the rainforest, and enjoy the beauty and culture of the country. Mary Light, director of the Naturopathic School and an herbalist for 20 years, said she is preparing for a group of 10-12 to share this trip of a lifetime. Dr. Arvigo will teach the group about rainforest herbs and herbal medicine for a full day at her home in Belize. The trip will convey 16 hours of Continuing Education and Training contact hours, potentially applicable to a variety of healthcare providers.

For three days and two nights, participants will stay in the San Ignacio area and the Cayo district of Belize, where they will spend one day with Dr. Arvigo, visit a botanical garden, explore a butterfly farm, and learn about native flora. There will be plenty of free time in which travelers can arrange for tours of waterfalls, caves, and Mayan ruins, or can just relax.

On January 10-19, 2014, Ann Arbor's Naturopathic School of the Healing Arts will bring a group to Belize to study with well-known herbalist Dr. Rosita Arvigo, as well as to meet Mayan medicine men and women, visit the rainforest, and enjoy the beauty and culture of the country.

After leaving the Cayo district, participants will travel by small plane to the rainforest and jungles in the Maya Mountains. They will stay in all-inclusive jungle lodges. Participants can experience: swimming, kayaking, caves, a tour of the organic gardens on the lodge site, study with bush medicine men and women and native botanical healers, native plant study with guided walks, and nighttime jungle walks with a licensed guide to see the jungle animals. There will be ample unscheduled personal time in which to make connections and plan activities other than those scheduled for the trip.

For more information and to register for this trip, visit the website at naturopathicschoolofannarbor.net/3/mylinks.htm. The trip is expected to fill up quickly, so early registration is recommended.

Mary Light can be reached at 734-769-7794 or by email at naturopathicschool@gmail.com. The Naturopathic School of the Healing Arts is located at 7920 Jackson Road, Suite A, Ann Arbor, Michigan 48103 and accepts visitors by appointment only.

Deep Spring Center founder Barbara Brodsky, along with the spirit Aaron who is channeled by Brodsky, will offer a series of four full-weekend workshops entitled Trainings: A Practical Path into Living in Higher Consciousness at the Michigan Friends Center in Chelsea.

This summer and fall Dharma teacher and founder of Ann Arbor's Deep Spring Center Barbara Brodsky, along with the spirit Aaron who is channeled by Brodsky, will offer a series of four full-weekend workshops at the Michigan Friends Center in Chelsea. The series, entitled Trainings: A Practical Path into Living in Higher Consciousness, will be held June 29-30, August 3-4, September 28-29, and October 26-27.

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-T.W., New York, NY

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admin@beyond1111.com

Brodsky explained: "Our workshop focus will be on this question: In a world of suffering, what tools can we develop to help us remain centered in the loving heart; to bring clear, spacious witness, free of reactivity, to the suffering in the world; to attend in appropriate ways, and not add to that suffering?" The workshop will introduce many such practices and deepen participants' skill and confidence with using them.

The program will include basic dharma and meditation, as well as practices with elements, energy, sound, light, Pure Awareness, co-creating with spirit, shamanic journeying, and work within the Akashic field. The days will include talks and instruction from Barbara and other leaders, incorporated spirit (Aaron and other Brothers/Sisters of Light), small group discussions, and exercises to help the student integrate understanding beyond the intellect.

Brodsky said, "Our whole world is moving through a period of transition to higher consciousness and we will evolve into a higher positively or negatively polarized consciousness. If we believe we are limited to the old patterns of reactivity and fear, we'll continue those into this new vibration. If we begin to know our true capacity to live and love from a place of deepest interconnection, this is what we will bring to the world."

Brodsky has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and says that living with silence has greatly influenced her life and teaching, as have years of active involvement in nonviolent action for social change. Since 1989, Barbara has been the channel for the spirit Aaron and, with him, offers personal spiritual direction sessions and group workshops. She has published eight books containing her and Aaron's teachings.

The cost of the workshops is to be determined, and will cover expenses, with an opportunity to give Dana (an expression of generosity from the heart without expectation) to the teacher. Potential participants must apply and be invited to attend.

For more information and to apply to the workshops, go to www.blessingscooperative.com or contact Amy Koch at amyspirit@gmail.com or 734-660-0898.

New Classes

Callan Loo

Peaceful Crossings, a local company focusing on various life transitions, is offering a new series of workshops called the Intentional Living Series. Owner Callan Loo said that the idea behind these workshops is to help people as they go through the big transitions in life: divorce, marriage, childbirth, rites of passage, aging, grief, and even starting a business. The workshops last for two hours and have a goal for participants to learn enough to be able to navigate their transition on their own. More in-depth seminars and coaching services are also available for those who want to delve deeper.

"Most people are afraid of change," Loo said. They don't know what to do, or if they are doing the right thing, or what life will be like after the change. Family and friends may not be able to help them through these challenging times, though they mean well, and therapy continues to carry a social stigma for some. Peaceful Crossings looks to bridge that gap and provide support during times of change.

May workshops include Personal Legacy Planning, with Part I on May 8 and Part II on May 29; Organizational Self-Awareness: A Holistic Approach to Business Strategy on May 16; and Using Compassionate Life Review as Part of Your Healing Process on May 30.

Peaceful Crossings is offering a new series of workshops called the Intentional Living Series to help people as they go through the big transitions in life like divorce, marriage, childbirth, rites of passage, aging, grief, and even starting a business.

Personal Legacy Planning, said Loo, is about defining our own legacy rather than letting someone else do it for us after we are gone. "It's not about death, it's about life," he explained. The goal is to decide what is important to us so that we can fill our lives with those things and look back on our lives with satisfaction.

Organizational Self-Awareness provides entrepreneurs and small business owners with an introduction to a tangible system to holistically account for your business that is built around a balance sheet, holistic decision making, and a dashboard of metrics. This is part of the "Business Legacy Fulfillment" aspect of Peaceful Crossings, which helps business owners to create a business that will not fall apart when they move on to something new or pass away.

Compassionate Life Review is a therapeutic approach that can help put one's life into perspective. It can foster connections between the lessons learned, the strengths gathered, and the unique qualities of the self that have been expressed over a lifetime. Using Compassionate Life Review during times of transition can help us process and make peace with change.

Other workshops in the series include A Conscious, Unbiased Look at Divorce, A Grail Journey: Quest For Healing, and Personalized Coming of Age Ceremonies. Future dates for these workshops will be announced on the Peaceful Crossings website.

Peaceful Crossings has a full staff of coaches who support clients in the areas of Life Transition, Personal Legacy, and Business Legacy. The company also provides ministry and celebrant services for weddings, coming of age ceremonies, and other important life celebrations. Loo seeks out experts in the community on topics related to life changes and, when possible, has them teach workshops on their areas of expertise. He emphasizes that Peaceful Crossings has branched out considerably in the last year. While originally the business focused mainly on transitions surrounding death, now it provides support for a wide variety of life transitions, and people at all stages of life can benefit.

Peaceful Crossings is online at www.peacefulcrossings.com. They can be reached at 888-732-2346 and Callan Loo can be reached directly at Callan@peacefulcrossings.com. The office is located at 2723 S. State Street, Suite 150, Ann Arbor, Michigan 48104.

New Practitioners and Businesses

Vikki Narayan, a Registered Nurse and Certified Health Coach, has created My Wellness Nurse, a business serving those looking for personalized nutritional guidance. As a graduate of the Institute of Integrative Nutrition in New York, Narayan's teachers and mentors included nutrition and health leaders Dr. Andrew Weil, Dr. Deepak Chopra, and Dr. David Katz.

Narayan explained that she works with people who want to have more energy, manage their weight, sleep better, and feel better overall. She coaches clients step by step to have better health habits and follows up to help them stay on track. She said, "My approach to wellness is not to dwell on calories, carbohydrates, fats, and proteins. It's not to create lists of restrictions of good and bad foods. Instead, I work with my clients to create a happy, healthy life in a way that is flexible, fun, and rewarding."

Vikki Narayan, a Registered Nurse and Certified Health Coach, has created My Wellness Nurse, a business serving those looking for personalized nutritional guidance.

Narayan believes that everyone has different nutritional and health needs and that there is no one way that will work for everyone. This is why she works with her clients individually to help them develop the best habits for their own needs, goals, and preferences. One popular program is her 90-Day Jumpstart Your Health package, which includes unlimited email support and twice monthly meetings. Narayan explained that she can help clients learn to grocery shop for healthy foods, provide meal plans, and help identify individual goals and plans to reach them. Narayan meets with clients over the phone and in person, in their homes, or in public spaces such as coffee shops.

Narayan offers a free consultation for those interested in learning how integrative health coaching can help them reach their health goals.

Vikki Narayan can be reached at 734-678-6640 or mywellnessnurse@gmail.com. Her website is www.mywellnessnurse.com.

In August of 2012, Sandy Bambi opened Grateful Dreads, a new salon in Kerrytown with a fashion forward, artistic, and holistic approach to hair styling and care. As her business name suggests, Bambi specializes in dreadlocking and interlocking hair, but she also specializes in custom extensions, curly hair, Asian hair, coloring, clipper cuts, and eyebrow threading. Bambi explained that she likes "helping people love their hair." She said she helps people work with their hair, not against it, and to work through not liking their hair.

In August of 2012, Sandy Bambi opened Grateful Dreads, a new salon in Kerrytown with a fashion forward, artistic, and holistic approach to hair styling and care. In addition to dreadlocking and interlocking hair, she also specializes in custom extensions, curly hair, Asian hair, coloring, clipper cuts, and eyebrow threading.

Grateful Dreads carries several lines of products, all of which do not test on animals and many of which are vegan and organic. Original Moxy, made locally in Ypsilanti, is all natural, mostly organic, and vegan except for a few products that include silk. For dreads and locs she uses Naughty Boy, an organic and earth-friendly line. Bambi emphasizes the importance of nourishing hair. Sometimes, she said, clients come in asking for a 6-inch trim, when what they really need is a shorter trim and a deep conditioning treatment. About half of a haircut appointment with Bambi is spent on the cut; the other half is spent at the shampoo station with a shampoo and deep conditioning to nourish the hair and restore it to better health.

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What's New in the Community

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"Your hair is an extension of you," Bambi said. To honor this, she helps people express themselves through their hair. She loves trying new things and sometimes gets to watch her ideas "take off like a tidal wave." She enjoys working with models and photographers to create unique looks. Her custom extensions are hand made and colored and designed specifically for the individual.

Bambi also educates clients on caring for their hair. Parents will sometimes bring in their mixed-race children, not knowing how to care for or style their hair. Bambi educates them, helps the children feel comfortable, cares for their hair, and ensures that everyone leaves relaxed and happy. As a Reiki practitioner, Bambi can also use energy work to help clients relax, let go of any tension, and feel comfortable during the hair cutting or styling experience.

Grateful Dreads provides a private experience and complete privacy is available on request, for example when a client needs to keep her hair covered for religious reasons. Bambi does offer a free consultation for those considering dreads/locs, extensions, coloring, and for those looking for solutions for their hair.

Sandy Bambi can be reached at 734-769-0859 or sandybambihair@gmail.com. Grateful Dreads is online at www.gratefuldreadsannarbor.com and includes a photo blog with many examples of Bambi's work.

In October of 2012, Reverend James Parker held the first service of Christ Unity Church, which meets at the Morris Lawrence Building on the Washtenaw Community College campus at 10:30 a.m. on Sundays. Reverend Parker said that the Christ Unity community is for those who are open to being around positive thinking people, not looking to be bound by one set of rules or dogma, and who want to come together to serve, share, and pray.

In October of 2012, Reverend James Parker held the first service of Christ Unity Church, which meets at the Morris Lawrence Building on the Washtenaw Community College campus. Currently, there are about 40 active members of this growing and very diverse spiritual community.

From the church's website, Unity is "positive, practical Christianity." Reverend Parker explained that Unity truly believes in Christian principles, but has other influences, such as Buddhism's idea that "what you think is what you become." The mission of the Christ Unity community is "to make the world a better place… and uplift lives," he said. Unity teaches that heaven and hell are not just distant places that we go to after death, but that we create our own heaven and hell here on earth through our actions, thoughts, and deeds.

Reverend Parker said that the Christ Unity community is for those who are open to being around positive thinking people, not looking to be bound by one set of rules or dogma, and who want to come together to serve, share, and pray. The congregation is "uniquely diverse," said Parker, with members who are "black, white, gay and straight," and everyone is respected and valued. He described the church as a "spiritual family" and community devoted to supporting one another in spiritual growth.

Over the Christmas season, the community "adopted" several families in need and provided gifts for them. The group is planning future charitable service such as visiting and care-giving for the elderly and support for women's shelters.

A Sunday morning service at Christ Unity begins with a greeting and 5-minute meditation, followed by music ministry, which Reverend Parker said is "very good and active," with some even performing original songs. After Reverend Parker's message, the congregation shares refreshments and fellowship. All are welcome to attend.

Christ Unity Church meets at 10:30 a.m. on Sundays at the Morris Lawrence Building, Washtenaw Community College, 4800 E. Huron River Drive #150, Ann Arbor, Michigan 48105. The mailing address is 2080 Whittaker Road #177, Ypsilanti, Michigan 48197 and the phone number is 734-864-2533. The church is online at www.christunitya2.org.

Traven Pelletier and Atsal Khandro of Bloom Garden Center

Bloom Garden Center just opened in what used to be the Dexter Gardens facility. Bloom Garden Center represents a collaboration of businesses related to gardening, landscaping, water gardening, locally grown produce, and art. Founder Traven Pelletier, owner of the landscaping company Elemental Design, which has served Ann Arbor since 2000, explained that the location has interested him for years as he passed it driving from his home in Dexter. Describing the building as a "unique old barn," he envisions it as an "artsy boutique-style garden center."

In addition to being a landscaper, Pelletier is an artist and sculptor and has been combining the two with outdoor installations. After speaking to various contacts about the facility, several were interested in collaborating with him on the endeavor, and he said, from there, the plan "sort of magically came together."

White Lotus Farms, an Ann Arbor organic farm producing vegetables, eggs, artisanal breads, and goat's milk products, will have a farm cart on site, and helped with the building's purchase. Pelletier's Elemental Design landscape company will be housed here. The Garden Shop will carry unique garden ornaments, decorations, and sculptures, including one-of-a-kind pieces by local artists, as well as other art and even vintage jewelry. Local water gardening company Poseidon Ponds will sell water gardening elements and related services. Bloom will also house The Garden Center, which will offer organic annuals and perennials, garden starters, trees and shrubs, as well as organic gardening supplies. Atsal Khandro will manage The Garden Center, drawing on 20 years of experience working in a large contemplative garden. Bloom will also provide workshops on topics related to gardening, landscaping, and landscape design.

Pelletier said some old items from Dexter Gardens will be for sale alongside Bloom's new items. The first workshops were held in April, covering landscape design and fruit trees, respectively. The Garden Center's grand opening will be on May 4 and 5. A coupon for 10 percent off your first Garden Shop purchase is available on the company's website.

Bloom Garden Center is located at 1885 Baker Road, Dexter, Michigan 48130. The phone number is 734-426-6600. Traven Pelletier can be reached at Traven@bloom-gardens.com and Bloom is online at www.bloom-gardens.com.

Karen Linder and John Marchello founded U&Me Time in 2011 to help couples dealing with sexual dysfunction due to health problems return to a healthy sex life. After her husband experienced a debilitating car crash, Linder realized that many couples need a safe harbor when dealing with Erectile Dysfunction (ED). As a prostate cancer survivor, Marchello used his background as a designer and inventor to develop a penavascular exerciser to compliment other treatments for ED.

Erectile Dysfunction can be caused by a variety of health problems, including cancer, diabetes, kidney disease, vascular disease, surgery, and injury. Female sexual

Karen Linder and John Marchello founded U&Me Time in 2011. The products and information available through U&Me Time support what the founders call "Togetherapy," or helping men and women work as a team to return to sexual intimacy after a health problem interrupts it.

problems, including lack of desire, inability to orgasm, and painful intercourse, can be caused by physical problems, hormonal changes, and psychological factors. The products and information available through U&Me Time support what the founders call "Togetherapy," or helping men and women work as a team to return to sexual intimacy after a health problem interrupts it.

Products carried by U&Me Time include the Prelude penavascular device designed by Marchello, vacuum therapy devices, the Dragonfly line of natural personal care products for women, vibrators and vaginal dilators, books and DVDs on restoring intimacy, and pharmaceutical grade vitamins. Dr. John Ghuneim, local owner of Innovations in Health, a private practice combining traditional and holistic medicine, consults with U&Me Time to provide the most effective nutritional supplements.

U&Me Time holds an annual open house in October that features guest speakers and product demonstrations. They also have office hours Monday through Friday from 7:00 a.m. to 3:00 p.m.

U&Me Time is online at uandmetime.com. Their mailing address is 245 Jackson Industrial Drive, Ann Arbor, Michigan 48103 and they can be reached by phone at 855- 475-4444.

Art Therapist Sibel Ozer has opened a practice in the Parkway Center. Originally from Turkey, she holds a degree in clinical psychology from Boğaziçi University and is trained in and offers her clients a great variety of therapy modalities, including art, talk, and group therapies, sensorimotor psychotherapy, sand table therapy, and her newest specialty, digital storytelling — a process of storytelling, image gathering, and completing a finished short digital story.

Before moving to the United States, Ozer received extensive training and experience in trauma intervention in the wake of the 1999 Adapazari earthquake. After moving to the States in 2000, Ozer studied a variety of therapy modalities, and, in 2007, received a master's degree in transpersonal counseling psychology with a concentration in art therapy. Ozer moved to Ann Arbor from Denver, Colorado, where she had a private practice, in 2011. She currently works for the University of Michigan Cancer Center and sees private clients at the Parkway Center.

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What's New in the Community

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Ozer has worked with refugees who were torture survivors, and specializes in grief, loss, and trauma. She also deals with relationship issues, life transformation and personal growth, and with people who are interested specifically in art therapy, such as artists who are finding themselves stuck in their creative process.

In describing her workspace, Ozer said she uses the space to help facilitate the different methods of therapy she uses. She described an "art corner," a "tantric corner," a sitting area, and other small areas her clients can use for specific purposes. With the variety of methods Ozer is trained in, she and her clients can co-create a therapy process that is tailored to the client's needs and preferences.

Sibel Ozer is online at www.sibelozer.com, where you can read descriptions of her therapeutic practice and see some examples of her artwork. She can be reached at he-artspace@hotmail.com or 303-905-1109. Ozer's private practice office is located at the Parkway Center, 2nd Floor, 2345 South Huron Parkway, Ann Arbor, Michigan 48104.

Energy healer Tammy Braswell recently channeled a new activation called Awakening the Core Essence and will offer this activation via teleconference. She described the Core Essence as "a sphere of divine energy that accelerates the soul's growth," which in most of us lies dormant until we begin to consciously awaken to our divine nature.

Local energy healer Tammy Braswell began her journey in energetic healing in 2007, becoming attuned as a Reiki practitioner. Describing herself as a lifelong "sensitive," Braswell said that after learning and practicing Reiki, she felt guided to further explore how she could assist more people in raising their consciousness, awareness, and vibration to achieve greater levels of health, happiness, fulfillment, and abundance in their lives. In the last five years, she learned the first level of Pranic Healing and Quantum Touch, including the Quantum Touch Core Transformation; she became a certified Spiritual Life Coach; and had Health and Wellness Coach training. She began offering her services to others outside family and friends in the last two years.

Braswell's energy healing sessions include coaching, cleansing and balancing of the chakras, running energy to specific areas as guided and desired by the client, re-energizing of all the energy systems and chakras, and offering Angel Card and intuitive readings.

Recently, Braswell channeled a new activation, which she has been guided to share with as many people as possible, called Awakening the Core Essence. Braswell will offer this activation via teleconference approximately twice per month so that people all over the world can experience it. She described the Core Essence as "a sphere of divine energy that accelerates the soul's growth," which in most of us lies dormant until we begin to consciously awaken to our divine nature.

Dates for Braswell's Awakening the Core Essence teleconferences will be listed on her website as they are scheduled, at www.createbyvibration.com. Braswell can be reached at 734-716-2881 or at CreateByVibration@gmail.com.

Having recently moved back to his hometown of Ann Arbor from China after living there for the last 11 years, Henry Buchtel has begun offering acupuncture and Chinese herbal medicine at the Lotus Center.

Having recently moved back to his hometown of Ann Arbor from China after living there for the last 11 years, Henry Buchtel has begun offering acupuncture and Chinese herbal medicine at the Lotus Center.

Buchtel originally moved to Guangzhou after receiving a music degree to play the French horn in the Guangzhou Orchestra. After becoming fluent in Chinese, he decided to pursue another of his interests, Traditional Chinese Medicine (TCM), and completed a five-year post-graduate degree at the Hunan University of TCM (HUTCM). While he was a student, he worked as a freelance medical interpreter and translator, and some of the Traditional Chinese Medicine books and articles he translated have been published in China and England.

During his clinical internship at the busy hospital affiliated with the HUTCM, Buchtel was responsible for new patient intake and acupuncture treatments for the 10-bed I.C.U. unit in the hospital's Neurological Surgery department. He administered an estimated 900 treatments over two years. His master's degree research, completed in 2011, focused on the clinical efficacy of trigger point acupuncture in the treatment of frozen shoulder.

Buchtel has studied with several renowned teachers and practitioners in China and is currently co-authoring a book about his professor Peng Jian's clinical experience in herbal medicine.

Though he said he loved living in China, Buchtel has always intended to return to Ann Arbor and is glad to be back.

Henry Buchtel can be reached at henry.buchtel@gmail.com and more information about his practice is available at www.dynamicpoints.com. The Lotus Center is located at 2711 Carpenter Road, Ann Arbor, Michigan 48108 and appointments can be made by calling 734-975-2745.

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (September thru December 2013) is June 30, 2013.

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Leaps of Faith: Tales of Local Businesses

By Mary Runser
Photography by Susan Ayer

This is one of a series of articles we have been doing on local business owners and their businesses. As the economy in Michigan has begun to slowly improve, there are still brave souls who have taken the leap of faith to open their own businesses here, and others who have revitalized their older businesses. What follows are profiles of two interesting businesses that are thriving despite the odds.

Unique arts and crafts work, and much more.
A place where ideas come together:
METAL — a design and fabrication studio and gallery

METAL, LLC.

Claudette Jocelyn Stern and John Daniel Walters, owners
METAL Ann Arbor, 220 Felch St., Ann Arbor, Michigan, 48103; (800) 613-6385; e-mail: info@metaloffmain.com; website: www.metaloffmain.com

Claudette Jocelyn Stern, Andrew Kyte, Sarah Carroll, John Daniel Walters

The shop offers one-of-a-kind fine-art objects created on a commission basis as well as a line of custom-made furnishings and architectural fixtures that are both functional and aesthetically pleasing.

A blend of dictionary definitions seen on a tee shirt from the local business METAL reflects both the origins and nature of this metal design and fabrication shop and gallery:

METAL, noun: a mixture containing two or more metallic elements or metallic and nonmetallic elements usually fused together or dissolving into each other when molten

METTLE, noun: courage and fortitude, the courage to carry on

It was John Walters and Claudette Stern's intention, when they opened METAL, to produce a wide range of metal goods. The shop offers one-of-a-kind fine-art objects created on a commission basis as well as a line of custom-made furnishings and architectural fixtures that are both functional and aesthetically pleasing. With a gallery that includes fine-art, vintage, and repurposed items (the latter addressing the pair's environmental concerns), John and Claudette also collect, design, and produce many beautiful and durable forms themselves from metal that Claudette said she hopes "will… become something like the old mahogany table your grandmother had and will end up with one of your relatives." On any given day, items sold at the shop or through its website might range from an antique measuring cup to a fine-art fireplace screen.

Claudette had an early introduction to metalworking — her father owned a Michigan-based precision ball and bearing business, with branches in California and New York, from the 1940s through the 1980s. Prior to cofounding METAL, Claudette's love of metal work led her to Tucumcari, New Mexico, and the Mesalands Community College annual iron pour, where groups of people with a passion for saving and repurposing iron come together to turn disposed hunks of metal into pieces of cast-iron art.

Claudette explained that she is "essentially a self-taught creature. I was ready to drop out of high school at the age of 16 because I knew I wanted to write and to be involved in the world of art," she said, recalling that her parents would have liked her to have taken at least a few college courses. She started a small press called Lemon in her early twenties while she was living in the San Francisco Bay Area. She'd always been fascinated with the process of book making (small-press work), so she learned bookbinding while living there. "I'd planned on publishing my own poetry as well as making a press where those from my generation could publish their art and work," she said.

"I work much more intuitively, where John is more pragmatic and linear — very detail oriented," Claudette said. "It actually makes for a very sound and balanced business relationship."
—Claudette Stern

Claudette defines herself as a "producer." She makes her own art, writes, and has even been a filmmaker. The last film she produced, *Bilal's Stand* (2010), was accepted by the Sundance Film Festival and was shown in the Museum of Modern Art's New Producer/New Films Festival. Claudette explained that, when she was younger, it seemed to her as though all these things in her life were completely different and totally unrelated. "Three decades later, I realize they are all the same thing," she said. "At the heart, it's really all about relationship, communication, and cooperation."

It was at the iron pour that Claudette and John met. "John grew up working on cars, and the first time we met, it was because I was fascinated by this really tricked out truck he had," Claudette said. She and John next worked together on The Nautilus House — Claudette's LEED (Leadership in Energy and Environmental Design) platinum certified home remodel. LEED is an internationally recognized green building certification system. Claudette and John named her home The Nautilus House in reference to the "golden mean, or that which is most harmonious to the eye, with a secondary allusion to the collaboration of the owner/designer/builder and their figurative spiraling in and out during the creative process," Claudette said.

When Claudette revealed her idea for METAL, John was on board right away. They decided that METAL was to include many things. "We could restore cars, make sculpture, do public art, and have a gallery which included fine art,"

Claudette explained. “It was thrilling for me to find someone who didn’t just want to bat around ideas, but really cared to produce from shared interests such as environmental concerns, art, metal, automobiles — the idea that we could make really beautiful, aesthetically pleasing objects that will be long lived and, in some cases, have a history to them.”

“I wanted our gallery to be similar to the way I keep my home, which is to mix things together — where at times you’d have difficulty picking out the art from the found objects.”
—Claudette Stern

“It was thrilling for me to find someone who didn’t just want to bat around ideas, but really cared to produce from shared interests… the idea that we could make really beautiful, aesthetically pleasing objects that will be long lived and, in some cases, have a history to them.”

Claudette and John rented the space on Ann Arbor’s Felch Street in September 2010 and opened their doors for business in April 2011. Claudette was excited by how two such different people with completely different abilities would be working together. “I work much more intuitively, where John is more pragmatic and linear — very detail oriented,” Claudette said. “It actually makes for a very sound and balanced business relationship.”

In August of 2012, Claudette and John brought Drew Kyte and Sarah Carroll into the METAL family. Drew, who had a previous relationship with Claudette and John, had been a full-time blacksmith for ten years. He’d learned his trade by studying under journeymen in both the United States and Europe and perfected his skills working for master craftsman Atelier Zimmerman, in Germany. Drew now works for METAL as a designer and blacksmith. Claudette describes Sarah Carroll as a woman “whose background included everything from mathematics and cost analysis to children’s gyms and career counseling.” Her diverse background and love for art drew her to METAL, and she has carved out a full-time position there performing accounting, social networking, and other business tasks.

With Drew and Sarah on board, John and Claudette began focusing on creating a line of art pieces and furnishings at prices more affordable to the general public than some of the commission pieces they’d had for sale, such as a one-of-a-kind conference table with a price tag of $15,000.

“[W]e want to be able to draw from other cultures and incorporate specific cultural influences into our designs for a given client in a given country. It’s all about having a global outlook starting from a local perspective.”
—Claudette Stern

Claudette and John also felt that they wanted to extend METAL’s reach beyond Southeast Michigan, both in terms of production and sales. With the creation of an online shopping site, they have now given METAL a global reach. “We want our work to be accessible worldwide,” Claudette said. “If we’re to become a design team of note, which I hope we will be someday, we want people from around the globe to discover us — and in turn, we want to be able to draw from other cultures and incorporate specific cultural influences into our designs for a given client in a given country. It’s all about having a global outlook starting from a local perspective.” She said that she and John realized that fabrication of their products could also be done elsewhere, while maintaining the same quality design and production as pieces fabricated at METAL. However, in some cases, she said, all design and production may be done by METAL, with shipping and onsite installation done by another party. The main idea, she said, is finding the best way to serve their clients on each project.

Claudette said she had always believed there was a niche for a gallery like METAL — a gallery “other than the stark, white-walled sort. I wanted our gallery to be similar to the way I keep my home, which is to mix things together — where at times you’d have difficulty picking out the art from the found objects.” And that is exactly what Claudette and John have created. With METAL’s open layout, customers and the curious can actually see how something is created while they’re visiting. “It might be loud and dusty when production is taking place,” Claudette said, “but I think people find it interesting.”

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Beyond producing and selling furnishings and artwork made from metal, METAL is also becoming known as an entertainment venue in Ann Arbor. In addition to hosting concerts and poetry readings, METAL has also offered arts and crafts demonstrations on blacksmithing; custom object design and fabrication; operation of the METAL-built gas forge that is used to create the accent pieces for a new line of tables; and tintype making, in which students learned how to shoot, process, and cure photographs on tin plates, the way it was done in the early years of photography.

“John grew up working on cars, and the first time we met, it was because I was fascinated by this really tricked out truck he had.”

In addition to hosting arts events, METAL rents out its space for weddings, rehearsal dinners, private parties, and other festivities, as well as for public events cohosted with pot & box, a business located right next door. “Again, the idea was to not only create a space where beautiful pieces of art are made, but to become a hub of cultural exchange,” Claudette said, adding that pot & box owner Lisa Waud and her staff help her and John attain that goal. “We share an energy that’s upbeat and helps generate lots of ideas for cooperative kinds of work,” Claudette commented.

METAL’s connection to the community brings rewards on many levels, Claudette said. “We definitely have a holistic approach to business because we live in a culture that frequently values and extols commerce over community and cooperation,” she said. Making ourselves available for relationship with various groups and encouraging more than the making of money and the selling of goods is exciting because we open ourselves to a multitude of opportunities…. The people I’ve met since John and I started METAL, and the ideas that have been fostered, are invigorating.”

Continued on page 24

Leaps of Faith: Tales of Local Businesses

Continued from page 23

pot & box

Lisa Waud, owner
pot & box, 220 Felch St., Ann Arbor, Michigan, 48103;
(734) 368-2130; email: lisa@potandbox.com;
website: potandbox.com

"Now we're a full-on flower shop that does floral design for weddings and community events.… We still plant in pots and boxes… but we try to be a little more creative for weddings and events."
—Lisa Waud

Even in a difficult economy, Lisa Waud can report that her business, pot & box, is doing well. The floral shop celebrated its third anniversary on Valentine's Day, she said, adding that the business is actually celebrating six years in business, because Lisa worked out of her home before moving her business to Ann Arbor's Felch Street in 2010.

Pot & box started as a half-gardening and half-floral design business until it suddenly took off as a floral shop. "Now we're a full-on flower shop that does floral design for weddings and community events," Lisa explained. "We do events for the University of Michigan and for Eastern Michigan University. We still plant in pots and boxes… but we try to be a little more creative for weddings and events." Reflecting on how she and her staff specialize in natural-looking centerpieces and accent pieces, she described using birch trees for an event at the University of Michigan's Crisler Center after being asked to create a forest effect. "Of course we can do that!" Lisa recalled responding to the clients. "And we did!" Lisa readily admits to her tendency to say "yes" to some idea, then having to figure out exactly how to do it. But she said that's part of the creative process.

Originally from Petoskey, Michigan, Lisa took a circuitous, albeit interesting, route from her hometown to Ann Arbor and to pot & box. "When I graduated from high school, I wanted to work outside because it was beautiful up north, and everyone wanted to be outside." she said. She described how she'd very much wanted to work at a business called Polly's Planting and Plucking and that, although the business was fully staffed, the owner created a position for her because of her persistence in applying to work there. Lisa worked at Polly's Planting and Plucking for six seasons. "I'd leave to go to school or travel and then come back and work for the summer. It was just so lovely working outside every day, and working with plants."

After six seasons at Polly's Planting and Plucking, Lisa and her friend Amanda Ehrnst started their own gardening business in Petoskey called Bella Fiore and ran it together for three seasons. Lisa decided after that third season that she wasn't going to return to her hometown after finishing college. She then attended classes in horticulture and landscape design at Michigan State University for three years and later attended Evergreen State College in Olympia, Washington. Her initial intention was to go into environmental studies and, with her love of nature, to help change environmental laws to expand protection of the natural environment. Her first class at Evergreen was in nature writing, and she loved it. "So, I actually graduated with a degree in writing," she said.

Lisa said living in the Pacific Northwest gave her more opportunities to garden. "It got a little muddy in February, but I could garden year-round," she said. Wanting to experience more year-round gardening as well as warmer temperatures and more USDA growing zones, she moved to Hawaii for a year. "It was wonderful, really, but I'm a Michigander, and it was time to go back home," she said. Rather than returning to Petoskey, however, Lisa made Ann Arbor her home. She'd visited frequently in the past and loved the area. She took a job waiting tables at the Ann Arbor restaurant Jerusalem Garden, and eventually planted their box gardens. That's when it became clear to Lisa that she really wanted to get back into gardening.

"Many people think that I must come from a long line of gardeners, but that's just not true." Lisa said, explaining that all the natural beauty up north had made her long to be outside as much as possible, and gardening allowed her to do that. "The first day I worked at Polly's Planting and Plucking in Petoskey, I was told to go out and pluck the geraniums," Lisa said. "I had no idea what geraniums were." But she learned, and that was the beginning of Lisa's successful gardening career.

"When I graduated from high school, I wanted to work outside because it was beautiful up north, and everyone wanted to be outside."

She named her business "pot & box" primarily because that's how she likes to garden — in containers. "They're like tiny little gardens," she said, noting that when she started the business she did much of the planting and gardening herself but also paid friends to help out. Eventually word got around that she "knew" flowers, and people began to ask if she'd do flowers for weddings. She recalled saying to these requests, "You know, that's really totally different, but sure, I can do that, and we'll just call it your wedding present. I loved doing it!"

"I started pot & box when I probably shouldn't have," Lisa said, in reference to the Michigan economy. "But my business has done well, and I have the community of Ann Arbor to thank for that." Lisa admitted that there have been both joys and frustrations in owning her own business; she said she learns something new every day. "Just when I think I've got a good system going, something changes, and I have to revamp and try again. I've always believed that if you're doing something that moves people, even in a bad economy, it works. If we create the kind of experience people want, then they'll make room for us in their lives."

Lisa said that one of the most heartwarming parts about owning the business is interacting with the community. "I hate networking when you're wearing a nametag and the situation or environment is forced and awkward," she said. "I love to find a more organic connection with people." With that goal in mind, Lisa helped bring together a collective of business owners and some of their clients to do a bridal expo in a way that she said was fun and much less stressful than putting on such a show at a local mall. This is the third year for the event, called "The Wedding Party." In addition to pot & box, it includes such local businesses as The Gown Shop, Sweet Heather Anne, Viva La Diva, DJ Graffiti, Abby Rose Photography, Elevated Press, and the catering business known simply as "eat." "It's a great way to introduce our clients to other vendors they're in need of to create their wedding," Lisa said.

"I started pot & box when I probably shouldn't have. But my business has done well, and I have the community of Ann Arbor to thank for that."

One of the most heartwarming parts about owning the business is interacting with the community. "I hate networking when you're wearing a nametag and the situation or environment is forced and awkward. I love to find a more organic connection with people."

The Bloom Florist Collective is another organic connection and collection of Ann Arbor florists that Lisa helped create. "I'd kept my eye on these other three florists in town, basically because we were all doing similar work — something a little bit different than the ordinary florist," Lisa explained. "I invited them over for coffee and talk, and while we were all a little uncomfortable about being ourselves and giving away trade secrets at first, suddenly everyone just opened up and started talking. It's turned into this really great resource. The Bloom Florist Collective includes Holly from Sweet Pea Floral Design, Tracy from Red Poppy Floral Design, Sue from Passionflower, and Lisa from pot & box." The group is a little more formally organized now and offers design classes to the general public. And oftentimes, when

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the businesses are booked tightly with orders for wedding bouquets, they help each other out by literally working side by side. "I don't want to sound mushy, but it's very heartwarming, because it's really become all about sharing. It raises the bar so we all do better work," Lisa said.

Lisa has spent more time in Detroit over the last few years. She has become completely smitten with the city and has come to the realization that she wants to move and work there. "But I love Ann Arbor. It gave me my business," she said. "Rather than move pot & box to Detroit, I'm going to open up a second shop there." She's already picked out a building for the shop — an old gas station, which will be similar to the space in Ann Arbor and will challenge people's thinking about space, especially for floral shops. "We'll be taking an old, greasy gas station and turning it into something unexpected, with little flower gardens outside and lots of color and flower coolers inside."

A good deal of work needs to be done to the building and grounds to make the new space suitable, but Lisa hopes that by the end of 2013, pot & box Detroit will be open and fully functional for the holiday season. As part of a plan for advertising the new shop, Lisa has purchased an old ice cream truck that she will use as a mobile flower shop. "Between pushing petals out of the repurposed truck and the Valentine's Day pop-up market we hosted at the future space, we hope that Detroiters are as excited as we are for pot & box to set up shop in the city."

###

Music Reviews

By Sarah Newland

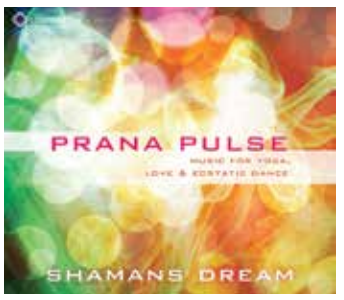
Heart of the Universe cd
By Snatam Kaur and Peter Kater

This is a ground-breaking musical partnership between multi-Grammy award nominated pianist Kater and renowned sacred chantress Kaur. Journey through the intimate pathways of these soulful songs and ancient mantra chants, enlivened by soaring piano arrangements and the rich textures of the Macedonia Symphonic Orchestra. Allow yourself to surrender and fall deeply yet lightly into this very personal unfolding with Snatam Kaur's incredibly beautiful vocals. This is my current favorite new recording. *Shelved with Chant Music.*

Love & Kindness cd
By Golana

Native American Music Awards and Indian Summer Music Awards winner Golana returns with his ninth album. The acclaimed master of the Native American flute helps create a sacred, relaxing space with his calming, restful music, accompanied by Peter Kater on piano. *Shelved with Native American Music.*

Prana Pulse cd
Music for Yoga, Love & Ecstatic Dance
By Shamans Dream

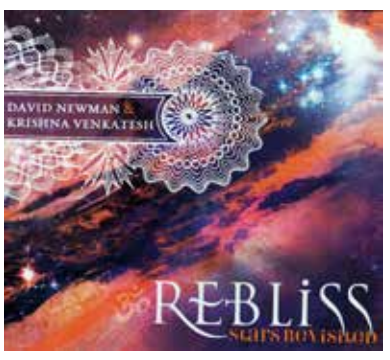


The practice of yoga is fueled and guided by the flow of prana – life energy. Shamans Dream invites us to let go and lose ourselves in this infinite rhythm. In their first-time collaboration, Craig Kohland and electronic music producer Bluetech arrange a beautifully flowing soundscape that perfectly complements a 70-minute yoga/dance journey. This cd is an amazing soundtrack for dancers, yogis, movement artists, and anyone in passionate spirits. *Shelved with World Music.*

Celtic Fire cd
By Govannen

This is an upbeat, exciting, powerful new album of rhythmic instrumental Celtic music featuring jigs, reels, and new music from the hugely talented Govannen band. Blazing fiddle, Irish whistles, bodhran, and percussion plus a host of exotic instruments feature on an album that will warm your heart and make your feet want to move. Special guests Bridget and Adele McMahon on vocals. *Shelved with Celtic Music.*

Rebliss cd
By David Newman and Krishna Venkatesh

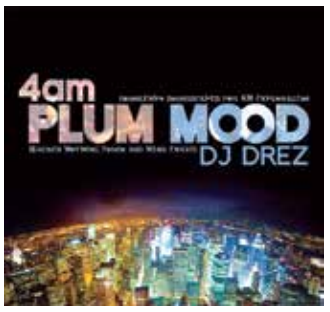


David Newman is perhaps best described as a spiritual singer-songwriter. He may not immediately seem a likely candidate for the remix/electronica treatment, but he and Venkatesh (composer, producer, and yoga teacher) found an instant synergy that carried them well beyond their mutual immersion in yoga and meditational practice. This remix collection is the groove-laden fruit of what became a highly successful and personal chemistry, and a heartfelt and intoxicating offering that exudes innovation and spirit. *Shelved with World Music.*

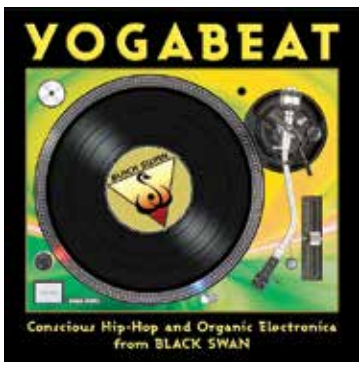
Vintage France cd
By Putumayo World Music

For anyone who dreams of spending leisurely time in a Parisian café, this new cd is a perfect backdrop. Step back in time to Paris of the 1950s and 60s with classic French chansons by both legends and contemporary artists. Listen to it on Sunday morning while sipping your café au lait, along with your favorite Marguerite Duras novel, or sing along and brush up on the most beautiful language in the world. *Shelved with Putumayo Music.*

4 AM: Plum Mood cd
By DJ Drez



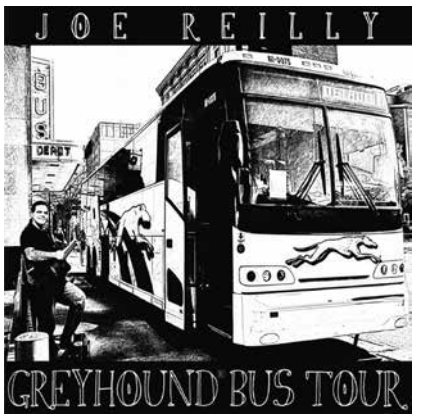
A recent upswing in travels due to increasing demand for DJ Drez's particular brand of hip-hop-meets-yoga sound inspired him to take a detour from his signature Jahta Beat series of recordings and re-explore downtempo vibes. Semi-ambient with traces of beats and the soft touch of Domonic Breaux on flutes, sax, and harmonica conjures the gauzy sensation of late night or early morning hours. DJ Drez delves into blending yesterday's roots from various cultural contexts with the innovative urban beats of today. He has become one of the most sought-after DJs and producers in L.A.'s underground music scene as well as the go-to DJ on the international yoga circuit. *Shelved with World Music.*



Yogabeat cd
By Black Swan Artists

Undulating rhythms, positive lyrics, and high vibrations drive this flowing mix of beats, dub, and devotion. This is the ultimate collection of the new movement of conscious hip-hop and organic electronica, including music from our favorite MC Yogi, Desert Dwellers, David Newman, and DJ Drez. *Shelved with World Music.*

Greyhound Bus Tour cd
By Joe Reilly



Reilly's new album is the result of more than a decade of songwriting, traveling, listening, and seeking, and highlights his gift of bringing together diverse and talented artists, ideas, and music styles into one voice. Combining elements of folk songs, hip-hop, and traditional Native American singing, Joe shares his true nature through the interconnectedness and synergy that shines through in this musical mosaic. There are a few musicians that help me be a better person after I listen to their music, and local artist Joe Reilly is one of them. His music is a gift. Available mid-May after his release concert at Kerrytown Concert House on May 10, 8 p.m. (see his listing in the Music & Voice section of the Calendar), and shelved with World Music.

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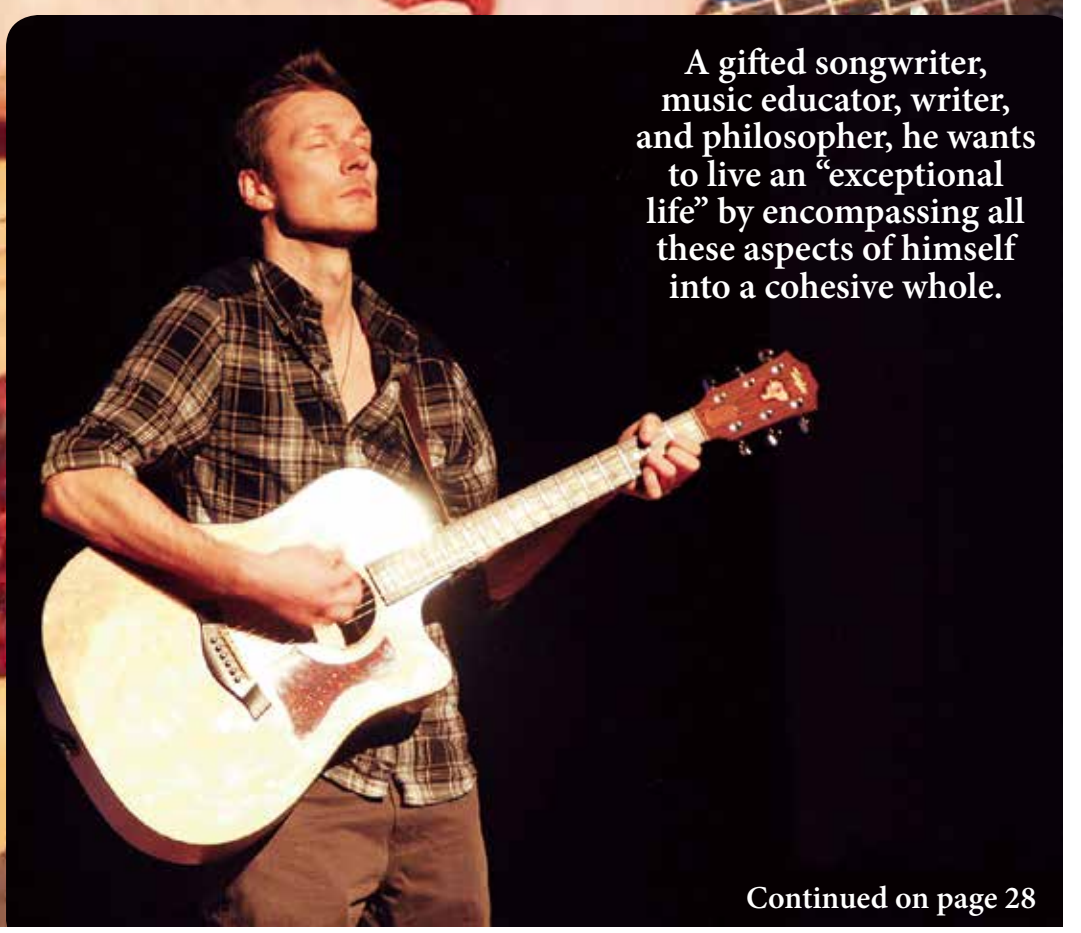
Spencer Michaud, The Musical Seeker

By David Wak
Photos by Tobi Hollander



A gifted songwriter, music educator, writer, and philosopher, he wants to live an "exceptional life" by encompassing all these aspects of himself into a cohesive whole.

Continued on page 28

Spencer Michaud, The Musical Seeker

It's Friday night in the upstairs tearoom at Crazy Wisdom Bookstore in downtown Ann Arbor. Every weekend local musicians play to a full and sometimes packed house. It's a cozy space with comfy couches and stuffed chairs, with a good view of the city through tall windows behind the stage. I'm sitting among a large crowd that's being mesmerized by up and coming singer/songwriter Spencer Michaud.

Michaud is a thin guy in his 30s with dark blond hair, an easygoing smile, and a manner that's disarming. He looks younger than his age, yet carries an aura of someone with wisdom beyond his years. His songs combine elements of folk, rock, and even funk, and he possesses a powerful and expressive voice that ranges from a smooth tenor to a penetrating falsetto, using both to great effect. When asked to describe his sound, he said it's a cross between The Beatles, Queen, and Motown. I'd add Jeff Buckley to the list, one of Michaud's musical heroes.

Like any good songwriter, he writes the kind of songs that ask one to listen closely. His lyrics are more than clever rhymes; they unfold intricate stories. He plays a Queen-inspired song called "Leda Feeds the Swan," a rather lengthy and ambitious homage to a famous Greek myth about Zeus seducing Leda while in swan form and fathering the central figures of the Trojan War. The song has many changes in tempo and mood, starting out slowly, evoking an idyllic setting and a fragile peace. It then becomes foreboding as the lyrics chronicle the Trojan War's themes of tragedy, death, and reconciliation. The gentle tones he began with reemerge at the end slightly heavier, changed by the tragic aftermath of war.

The impressive way in which Michaud weaves moods and narratives into "Leda Feeds the Swan" can be found throughout his growing and varied songbook. His music is sometimes whimsical, with songs about childhood toys and French daredevils. Other times it's more serious, exploring themes like love, war, and the complexity of living. This yin and yang coexist in his work with ease.

After having listened to his music, seen him perform, and spoken to him, it seems the term Renaissance man, which is sometimes overused, certainly applies. A gifted songwriter, music educator, writer, and philosopher, he wants to live an "exceptional life" by encompassing all these aspects of himself into a cohesive whole.

When asked to describe his sound, he said it's a cross between The Beatles, Queen, and Motown. I'd add Jeff Buckley to the list, one of Michaud's musical heroes.

Growing up there was music all around him. His father played flute and guitar, while his mom and maternal grandmother were both great singers. His love of singing came from listening to his family sing together when he was a kid. His youthful musical tastes were very eclectic, including everything from The Beatles to Elton John to Metallica. He especially loved Michael Jackson, whom he admired for a percussive singing style that seemed to mirror his dancing. He explained, "My influences are wide," and he's been trying to absorb all of them and make them part of his music.

As a kid he used to goof around on his dad's acoustic guitar but didn't get serious about playing until he was 14. At first he was self-taught, practicing four to six hours a day, but when he was 17, he took guitar lessons and really began to hone his craft.

After high school he went Western Michigan University to study music and creative writing. While he was there he taught guitar at Marshall Music to as many as 30 students per class, which planted the seed for his role as a music educator down the road. He also began to write and play his own music. It was around then that he and some fellow Marshall employees founded a promising band, but it soon broke up, much to his disappointment. After that, he was disillusioned with bands altogether and worked only as a solo act for many years. It was also around then that he discovered Jeff Buckley.

Buckley's songs and emotional intensity spoke to him as he listened to his landmark recording *Grace* endlessly. He felt a kindred spirit in Buckley — both of their parents split up when they were young, and through him, Michaud heard much of his own youthful pain and disorientation. "It was like he was singing everything I was feeling," he said.

His admiration for Buckley bordered on obsession. Buckley's high-pitched, ethereal vocals and song structures inspired many of his own compositions, and he even made a pilgrimage to the Wolf River near Memphis where Buckley drowned in 1997, ending his promising career too soon. Michaud eventually became a regular performer at the Uncommon Ground Festival in Chicago where Buckley's work and life are celebrated. While playing there, he met and became friendly with Buckley's mother. Although Buckley's influence remains strong for Michaud, he feels he's now found his own voice and has a unique sound that combines many influences.

After graduating from college in 2004, Michaud moved to Ann Arbor/Ypsilanti to be near his young daughter and soon made his way into the local music scene. He performed at the open mike night at T.C.'s Speakeasy in Ypsilanti and eventually hosted it. He said he really "cut his teeth as a performer at T.C.'s," which has since been closed.

Buckley's songs and emotional intensity spoke to him as he listened to his landmark recording *Grace* endlessly.

Around that time he took songwriting and music business courses at Washtenaw Community College. Local jazz guitarist Johnny Lawrence instructed his music business course and encouraged him to find other ways to make money in music besides performing. Eventually Michaud applied to Washtenaw to teach songwriting classes and landed the job. He found teaching was a natural extension of his performing self and added that he often learned as much from his students as he taught them. "Classes are as much about life as learning skills," he said.

When he started writing songs, he wrote mostly from personal experience, but over time he learned to be a keen observer of the world and a musical storyteller. One of his more lighthearted songs is called "Tightrope Walker," a whimsical tune about French daredevil Philippe Petit who walked between the Twin Towers in 1974. The song is a driving and syncopated ode to the man's audacity and starts out with a slow, reflective intro verse: "It's a bird, it's a plane, hey man, this guy must be insane." Then the song breaks into mid tempo acoustic funk. "He's a tightrope walker staring at the seagulls in the sky." It ends with a whimsical last line, summing up what possibly drives the man: "Because there's nowhere else he would rather be, than walking off into eternity."

For Michaud, a good performance is like "a light switch turns on" inside him and his creative spirit is energized.

Michaud explores his more serious side with the song "The Chaos We've Become," inspired by the time he lived in an Ann Arbor co-op, an environment he said was a good way to delay adulthood, even as it lurks relentlessly in the background. The lyrics are full of rich imagery set to a driving 6/8 ballad on acoustic guitar.

> There's a restless feel in the air tonight, and the ashtrays are filling with memories, and the bottles are piling up on the lawn. There's a halo around the full moon tonight, and the thread of our sanity is broken, in the light of this surrogate sun, we'll never leave the cares we've become...

Toward the end of the song, Michaud perhaps puts to rest the tragedy of Jeff Buckley's death and its effect on him: "I made peace with the music he never made."

For years he preferred playing alone, but, in March 2011, he did an about face and formed a three-piece band with bass guitar and drums. He said he wanted a backup band to both expand the sound of his songs and increase the possibilities of getting gigs. Since forming the band, they've played around at local venues like Woodruffs in Ypsilanti and Hollerfest in Brooklyn, Michigan. Michaud said they average about a gig a month, but, like most musicians, wish there were more.

For Michaud, a good performance is like "a light switch turns on" inside him and his creative spirit is energized. Having a shared experience with the audience is therapeutic for him. And as a live performer Michaud certainly delivers. Whether it's a solo acoustic performance or an electric show with his band, he plays each show with energy and verve. He uses two microphones, one for regular vocals, mixed with a healthy dose of reverb, and an extra mike with echo effects to create ethereal vocals, which add great dimension to his songs.

He found teaching was a natural extension of his performing self and added that he often learned as much from his students as he taught them.

Besides playing his own songs, Michaud occasionally throws in covers. At an October solo gig at Crazy Wisdom Bookstore he did Michael Jackson's hit "Human Nature," a mellow and reflective song from *Thriller*. Michaud did a commendable balancing act of paying homage to the original tune and making it his own — a hard trick to pull off for any performer.

While Michaud has been performing to accolades for years, he has never had a recording for his fans to own, but that is about to change. He and his band have been working on a four-song EP with local producer Jim Roll, a noted songwriter himself. Michaud said he values Roll's input, calling him a "wizard of engineering," and adds he's helped him cut through extraneous musical ideas to get the project going. The project's working title is *The Hero with 1,000 Faces*. In addition to his band, he has also enlisted Erin Zindle from The Ragbirds on violin and Zach Nichols from Frontier Ruckus on trumpet and the musical saw for the project.

Michaud explores his more serious side with the song "The Chaos We've Become," inspired by the time he lived in an Ann Arbor co-op, an environment he said was a good way to delay adulthood, even as it lurks relentlessly in the background.

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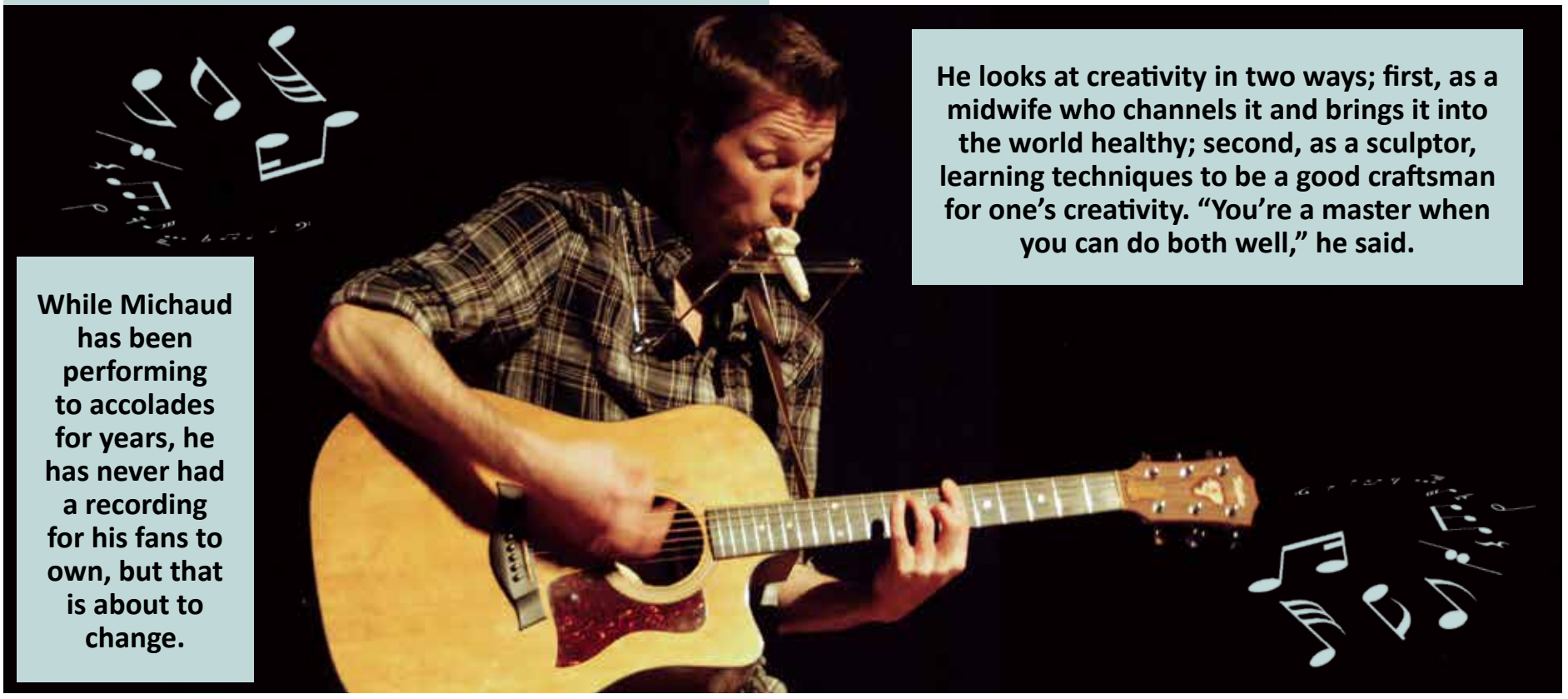

He looks at creativity in two ways; first, as a midwife who channels it and brings it into the world healthy; second, as a sculptor, learning techniques to be a good craftsman for one's creativity. "You're a master when you can do both well," he said.

While Michaud has been performing to accolades for years, he has never had a recording for his fans to own, but that is about to change.

This is not Michaud's first try at making a record. In 2008 he began to record a rock opera about a man who believes he's found his soulmate, but he gave up on it when it was only half finished. He said that experience taught him not to overextend himself. This time around he feels more confident in his process, adding that he plans to finish the opera someday.

Michaud admits that when he was younger he struggled to find a balance between internal and external pressures, sometimes losing himself in his music while neglecting his relationships. Nowadays he takes a healthy approach to creativity, nurturing it while trying not to own it too much. He looks at creativity in two ways; first, as a midwife who channels it and brings it into the world healthy; second, as a sculptor, learning techniques to be a good craftsman for one's creativity. "You're a master when you can do both well," he said.

One thing that helps ground Michaud is being a good parent to his daughter. He said children are defenseless in this world, so one has to be vigilant and caring for something beyond themself. For him, this means being a good role model and trying to pass on sound values. Part of his example is living a sober lifestyle, preferring natural ways of getting high, such as meditation, which he practices regularly.

Over the years he has studied many religious traditions and their symbols and is fascinated by how they can be used to connect people, much like music can. He wears crystals and talks a lot about people's vibes and energies. His spiritual and philosophical ideas are not merely ones he thinks about in the abstract, but ones he embraces in his everyday interactions with the world.

He once told me, "Wisdom is when you take a vision into reality." With more performances and a new EP coming soon, Michaud's vision is unfolding nicely and is supported by a growing fan base. He's well on his way to an exceptional life.

###

Another Chance to Dance

By Syndy Sweeney
Photography by Gregory Fox

When I was five years old, I visited my cousin's ballet class. Incredibly shy, I sat back in my chair. But my soul, swayed by the rhythm and swirl of black leotards and pink slippers, peeked forward, utterly captivated — perhaps hoping that, one day, I too would move like the other little girls. I must have talked about this experience for a long time because, that year on Christmas morning, there was a box with my own leotard, slippers, and tutu.

Instead of smiling, I started to cry. Fear washed over me and my soul receded behind my shyness. I begged my mother to return the items to Santa Claus at the North Pole. Much to her dismay, she did.

But I could never forget dancing, simply because rhythm lived with me constantly. The television was rarely on, but the stereo always seemed to be. My mother cleaned the house to a beat. Her younger siblings, between my age and hers, introduced me to their music and dance moves. My grandfather, a lover of jazz, entertained our family with his own signature dance that we called "The Mouse." My family danced and I danced along with them, feeling not only the music, but joy. My confidence grew and when I was 16, I felt emboldened to sign up for a dance class.

That turned out to be a mistake. My teacher was younger than I and, rather than teach, she humiliated the students by laughing at them and gossiping loudly with her friends. Angry, I quit the class.

I kept dancing. To commercials. To the hum of the dishwasher. Even to the wind blowing through the pine and oak "grandmothers" encircling my house. And, several years ago, my workouts changed from the monotony of the treadmill to the ecstasy of dancing.

But I kept dancing. To commercials. To the hum of the dishwasher. Even to the wind blowing through the pine and oak "grandmothers" encircling my house. And, several years ago, my workouts changed from the monotony of the treadmill to the ecstasy of dancing. In the privacy of my basement, using videos and connecting to the earth with bare feet, I came to intimately understand the delicious freedom of being able to move my body. I raised my arms in celebration while doing *bhangra*, a Punjabi folk dance. I laughed and sweated through the choreographed dances of Bollywood. Through belly dancing, my hips opened me to the infinity of my strength, sensuality, and sacredness that is my feminine being. For at least one hour a day, I surrendered completely to the dance. I knew joy.

Joy is addictive. I wanted more. And with the wisdom that comes from knowing who I am — as well as being in my forties and no longer caring what other people think — I decided to try another dance class.

I chose English Country Dancing. This formal style of partnered dance began as a way for courtly ladies and gentlemen during the reign of Elizabeth I to socialize and continued in popularity into the early ninteenth century, during the lifetime of Jane Austen. I must admit that I am more a fan of British murder mysteries than of Austen, so choosing to learn this particular style seemed incongruous to me. But it was because of the passion of my guide and aptly named Joy Coach, Bronwen Gates, that this style of dance that grabbed me. When Gates described a move called *gypsy*, in which the partners circle each other by holding only their gaze, I found the idea of that flirtatious tension beautiful and somehow earthy, despite the formality. I could also relate: when I belly dance in the basement, my eyes are very much a part of it. I was sold.

Sponsored by the Ann Arbor Community of Traditional Music and Dance (AACTMAD) and held Tuesday nights from 7:00 to 9:30 at the Chapel Hill Condominium Clubhouse, English Country Dancing (and its live musical accompaniment, performed by professionals) costs only seven dollars. A few hours before the class began, however, I met with Gates in her home to learn some basic moves.

In the class, each dance begins with a short lesson and then a caller would literally call out the moves in time for us to perform them to the music. There was a whole new vocabulary to learn. Gates taught me how to *gate*, in which the partners take each other by the same hand and create a balanced tension between them (as if they were a gatepost) and they pivot while glancing into each other's eyes. I learned to *cast off* by using one shoulder to turn away from and around my partner.

…When I arrived to the clubhouse, my nerves were ticklish. I smiled bigger than I normally do and laughed a bit harder than I meant to. I thought I would be able to mingle more, settle in, and shyly watch a few dances from a chair, getting a feel for both the music and the movement. I was wrong.

Gates talked about how the dances progress. In a set of four, partners face each other and the couple closest to the band is designated the "first couple," while their neighbors are the "second couple." In a long line of dancers, there are many first and second couples as the choreography progresses down the line. When a first couple makes it to the end, they stand out one turn of the dance, but then rejoin the progression as either a first couple or a second couple and move back up the line toward the band. Gates assured me that, in person, it would make more sense.

It didn't. Not for quite a while, anyway. Then again, when I arrived to the clubhouse, my nerves were ticklish. I smiled bigger than I normally do and laughed a bit harder than I meant to. I thought I would be able to mingle more, settle in, and shyly watch a few dances from a chair, getting a feel for both the music and the movement.

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I was wrong. After meeting the callers and a few of Gates's friends, a man older than my father asked me if I had a partner. I shook my head and found myself blushing, which caused me to blush even more. Despite knowing that only our hands or arms would briefly touch in the dance to come, being asked to partner by someone other than my husband was an unexpected and almost unbearable intimacy. My reaction freaked me out. And so, too, did the *gypsy*: even though I changed partners with each dance, dancing with women as well as men, there were several dancers whose stares weren't flirtatious and joyful, but seemed to challenge with a dark and heavy energy. A visceral, protective need averted my gaze.

Then, my third partner opened up an old wound: a feisty elderly woman seemed to be the incarnation of my teenaged dance teacher. "Hey, Long Arms," she said, "Step back!" Surprised and a little offended, I almost stopped moving. "Did she just call me 'Long Arms'?" I thought. "Man, people can be mean! Here I am a beginner, trying to find joy in something new, and she's making fun of my *arms*? Who does she think she is?"

"Hey, Long Arms," she said, "Step back!" Surprised and a little offended, I almost stopped moving. "Did she just call me 'Long Arms'?" I thought. "Man, people can be mean! Here I am a beginner, trying to find joy in something new, and she's making fun of my *arms*? Who does she think she is?"

I felt my smile slip from my face as I looked her in the eye. But then, I realized: *I* was standing in my own way. All of my discomfort belonged to me and me alone. I forgave her — and myself — instantly. After all, I was no longer the young girl easily embarrassed, and she certainly was not my immature dance instructor. She was just trying to help. She then said with a nod, "You have those long arms. Step back a bit." So, I did. She smiled her approval.

And finally, I began to relax. I learned a lot from her, as well as many of the other dancers. They'd point to where I needed to go or turn me around in the right direction. I danced the simple dances. I struggled and swore mildly through the more complicated ones, sacrificing all sense of rhythm for technicality. I even managed a *gypsy* or two without looking away. I sat out only one dance. And by the end of the class — exhausted, humbled, and smiling true — I understood the passion for this English Country Dancing.

I danced the simple dances. I struggled and swore mildly through the more complicated ones, sacrificing all sense of rhythm for technicality…And by the end of the class — exhausted, humbled, and smiling true — I understood the passion for this English Country Dancing.

I long for more…but, because I live near Grand Rapids, I am prevented only by distance from attending the class more often. However, I've kept what I learned with me. As soon as I returned home, even though it was after midnight, I showed all of my new moves to my husband. We fell out laughing at my long-armed, baby deer awkwardness. Laughing at myself — not out of embarrassment, but joy — felt pure and cathartic.

But there has been a much more important result from learning English Country Dancing: I'm achieving an inner strength, simply because I've learned how to use my eyes. When I dance in the basement now, I play with my eyes more than I ever did, flirting and captivating an imaginary audience. And, in my daily life, I no longer avert my gaze for any reason. I *gypsy* everyone!

I'm grateful that I didn't sit out this experience. Parts of me — the old, useless habits that have no place in my life today — wanted to. But the greater parts couldn't. I allowed myself to look silly, to feel incredibly vulnerable, to make mistakes, and to take missteps. More importantly, I allowed every fear of mine to wash over me — not to suck me down into myself, as in the past, but to leave me cleansed with the pure joy of moving my body and soul in new and challenging ways.

For more information about the English Country Dancing class, please visit the Ann Arbor Community of Traditional Music and Dance website: www.aactmad.org.

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Lives of Co-operation: A Look at Some of the People Who Are Making our Local Co-operatives Happen

Standing: Elgin Batie, Jr., Kevin Quinn. Seated: Jim Jones, Eppie Potts, Leticia Valdez

With a billion members worldwide, co-operatives have a tremendous economic impact. They are also recognized for their cultural contributions, the values they promote, and the communities they develop.

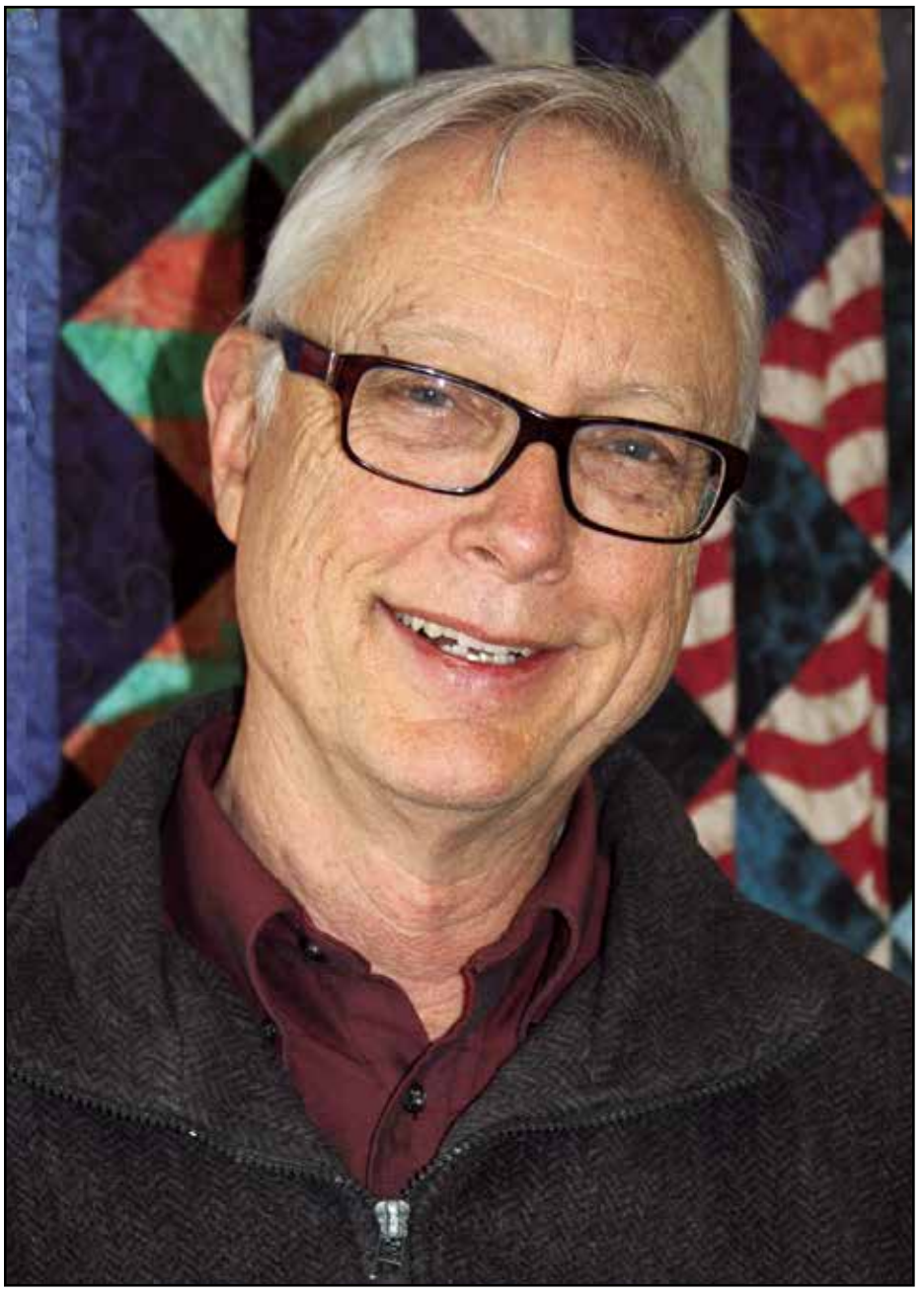
By Gaia Kile
Photography by Susan Ayer

"Co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility." –Ban Ki-moon, U.N. Secretary General

Last year was recognized by the United Nations as the international year of the co-operative. By definition, co-operatives are enterprises owned and controlled by the very members they serve. Their member-driven nature means that decisions made in co-operatives are balanced by the pursuit of economic success and the needs and interests of members and their communities.

With a billion members worldwide, co-operatives have a tremendous economic impact. They are also recognized for their cultural contributions, the values they promote, and the communities they develop. The International Co-operative Alliance has high hopes for co-operatives. In their document "Blueprint for a Co-operative Decade," they set their intention to have co-operatives become the fastest growing sector in the economy by 2020. I like that idea and, as a local resident and co-op enthusiast, wanted to share an overview of the co-operative scene in Ann Arbor.

Like any human endeavor, co-ops have their leaders and heroes, but in the spirit of "we did it together," the story of Ann Arbor's co-ops is truly that of all of their members. I sat down with a number of co-operators to talk about their co-ops and why co-operatives matter to them. What I found was a group of creative and engaged Ann Arborites, among them an organizer, an historian, a board member, an employee who rose to management, and a worker/member whose life is touched by several co-operative ventures. Their co-ops include housing programs, grocers, credit unions, artist collectives, and schools, and each contribute uniquely to shaping the character of our town.



Jim Jones

Ann Arbor's Inter-Co-operative Council, or ICC, is a student group that owns and operates 19 houses. Most of the houses offer group living. On average, each house has just less than 30 people living together and sharing meals and household chores. Many have their own unique character; for example, three houses are vegetarian, one is a graduate student house, and one house identifies as substance free. Jim Jones was the General Manager of the ICC from 1985 to 1999.

Ann Arbor's Inter-Co-operative Council, or ICC, is a student group that owns and operates 19 houses.

Jim is a tall and trim, easygoing guy. He speaks deliberately with a voice you imagine has the slightest hint of Texas drawl, perhaps picked up during the eight years he spent organizing co-ops in Austin. For over 50 years Jim has been involved with student housing co-operatives.

What does he like about co-ops? "I've seen so many people who have grown and really benefited from co-operatives." In working with young people Jim has seen how they are often at the mercy of their parents, the landlord, or a boss. In co-ops, they have the opportunity to gain some control in their lives "if they want to exercise it." Jim estimates that maybe 20 percent of student co-op members take this opportunity. When they do, they can gain confidence and an understanding of how they can make a difference. Of course, gaining control in a co-op is something done alongside others, and Jim pointed out how group living also helps people grow. "Life changes in a group setting…. Dealing with other people creates opportunities to step out of a role," he said.

Jim first moved into a co-operative house in the University of Michigan ICC housing system in 1962. He came to embrace the co-op model a few years later in an argument with a libertarian. The libertarian's assumptions were that humans were self-centered and self-serving. Jim realized the co-operative worldview allowed for altruism, interpersonal co-operation, and mutual benefit.

"Life changes in a group setting…. Dealing with other people creates opportunities to step out of a role."
–Jim Jones

What are those mutual benefits? According to Jim, there are three reasons why people get involved in co-operatives, what he calls the three C's: cost, community, and control. People like all three of these benefits but tend to favor one more than others, depending on their situation. When the economy is bad there tends to be

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Lives of Co-operation: A Look at Some of the People Who Are Making our Local Co-operatives Happen

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more of an emphasis on cost and affordability. Other times people are drawn to co-operatives for the element of community. For most people, the issue of control is more of a learned benefit. When Jim says "control," he's talking about democracy and the opportunity to participate in self-governance. Co-ops work better, he said, when people learn about democratic participation just as things are getting set up, at the start of co-op membership.

For most people the issue of control is more of a learned benefit.

In the early seventies, Jim attended graduate school in art education at Michigan State and lived in an independent co-operative house there. During that time, he found himself at a meeting to discuss linking together a handful of co-operative houses that existed in East Lansing. Though he attended the meeting just to say hi to Luther Buchele, a man who used to run the ICC, he left the meeting president of a new organization. For three years he helped to organize and run the East Lansing student co-ops, launching his career as a student co-op organizer.

From East Lansing, Jim moved to Texas for eight years to work with student co-ops in Austin. Finally, in 1982, Jim returned to Ann Arbor, first to work with the North American Students of Co-operation (NASCO), then as executive director of the ICC, and then again with NASCO.

Jim has a passion and a talent for developing new co-operative houses. Although he claims that much of his success has meant being at the right place at the right time, he's likely helped create more co-operative student housing in North America than anyone else.

Jim has a passion and a talent for developing new co-operative houses. Although he claims that much of his success has meant being at the right place at the right time, he's likely helped create more co-operative student housing in North America than anyone else. He's known for thinking creatively about the possibilities. Perhaps this is where his art background pays off.

A great story about his creative wheeling and dealing marked the first purchase he helped the ICC make in 1986. The people of Siddha Yoga Dham had approached him about trying to sell their ashram on Hill Street. For history buffs, these were the houses that belonged to John Sinclair and The Rainbow People's Party, a nexus of 60's radicalism. The deal involved placing an early bid that was honored in spite of later bids for more money; selling a dysfunctional co-operative house to a fraternity that had limited collateral; refinancing a federal loan with a 50 percent discount; lawyers flying from DC in the midst of a hurricane to close a deal one day before a federal deadline; and passing a plan to gradually raise co-op member fees so that members would tolerate the change. The deal succeeded with a mix of creativity and serendipity. Refinancing the federal loan then freed the ICC to purchase another six buildings while Jim was the executive director.

Asked about his thoughts on the Ann Arbor area today, Jim said there is a need for more co-ops -- for the spirit of co-ops to be an integral part of the zeitgeist in the coming years. He said we need a movement that asks, how do we see ourselves as a forward thinking community and how we can work together to solve our problems?

Although Jim Jones retired from NASCO in 2010, he is still very much involved in the co-op movement. He started the organization Allen Creek Consulting to help NASCO with housing development, and has since branched out to offer broader co-operative support services. He is working on a movie with his son about the strength of the co-ops in the Austin area. He just helped a group of people close on a co-operative house in Grand Rapids, Michigan, and he has started a statewide co-operative networking organization.

What keeps him going? He said, "I have an ecological sense for how co-operatives work. The ICC was started 75 years ago. You may not know the people who started a co-operative; you may not know who will live there in the future. I've met people from the 30's and 40's who benefited from it, and I've met people whose lives today are changed for the better."

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The Potters Guild first formed in 1949 when about 10 people hired a teacher to offer them private ceramic lessons…The Guild now has about 40 members and offers classes to 30 students.

Eppie Potts

Co-ops can be divided into two types: consumer co-ops, where the owners are the consumers, and producer co-ops, institutions owned by people who are producing something. While most of the co-ops in Ann Arbor are consumer co-ops, The Potters Guild is a producer co-op. More specifically, it is a craft co-op that provides resources to support its members but doesn't employ them.

The Potters Guild first formed in 1949 when about 10 people hired a teacher to offer them private ceramic lessons. They set up a little ceramic studio that they ran as a co-op and have been producing pottery ever since. The Guild now has about 40 members and offers classes to 30 students.

Not many institutions of this size can boast of having a resident historian, but The Potters Guild can — with the apropos name of Eppie Potts. Now in her eighties, Eppie is a short woman who's effervescent and entertaining to talk with. She is very enthusiastic about the Guild and is also engaged in a lot of activities around town. She is active on the City Planning Commission and, in 2009, was nominated as Ann Arbor's Citizen of the Year.

Eppie was the first person to ask the original Guild members if she could be involved with them. It was 1950 and she asked if they offered public classes. At that point they didn't, but it was a provocative question, and so they decided to start. Eppie said of her initial experience with the Guild, "It was like having 10 mother hens. They were extremely helpful."

"The nature of The Potters Guild is that it tends to attract artists who are sociable and can work well with others."
–Eppie Potts, The Potters Guild historian

When I asked Eppie if I could interview her, she insisted we meet at the studio on Hill Street. Tucked between Fingerle Lumber and a row of residential houses, I almost missed the attractive vine-covered ceramic studio. Originally a foundry, the building was purchased in 1963 with funds raised through Guild members contributing half of their proceeds from pottery sales. Two additions have been built onto the original building. Eppie showed me their two electric kilns and two gas kilns and the place out back where they do Raku firings, a traditional Japanese technique that involves open fires. Eppie acknowledged that Raku firings always make the folks at Fingerle Lumber a little nervous.

"The Potters Guild is a co-op, but most members don't think of ourselves that way," Eppie explained. With a large number of Guild members working in a limited space "we have to co-operate." Eppie is very proud of the Guild's work system. She tells me it developed around the question, what is the one thing everybody wants? The answer: access to the kiln.

In order to have access to space in the kiln, Guild members must put in a certain amount of work toward the Guild's needs. This includes everything from being on committees to maintaining the building to firing kilns. Different jobs are apportioned a different number of points based on their popularity. For instance, unloading clay into the storage area is heavy lifting and gets a lot of points. Although Eppie doesn't tell me directly, I later learn that she was on the three-person committee in the early 1960s that developed the labor points system. "Not everyone is equally co-operative by nature," she observed, "but, because nobody can buy their way into the kiln, the point system works."

Guild members also pay an annual operations fee. This covers the cost of all the clay they can use. Most members generally don't make their living by making pottery at the Guild. Eppie estimated that some members might make as much as several thousand dollars a year in income, but that's on the high side. Those ceramicists who do make a living from their work might have a separate studio. For instance, Kate Tremel is a Potters Guild member, and at the Guild's semi-annual sale you can see her work, but she said she doesn't do a whole lot with the Guild. She has a studio in her house and sometimes teaches ceramics at the University. JB Abernathy, one of Ann Arbor's most famous ceramicists, was a friend of The Potters Guild for many years, but only joined after he retired and closed down his own studio. The Guild studio is limited on space but because the building is paid for and built out to the extent city permitting will allow it is unlikely to expand. This limits the number of members who can participate.

To join the Guild, a person's work has to be evaluated, and then the person is voted in by members. New members are usually students who have taken Guild classes. According to Eppie, those who haven't experienced classes often don't work out as members because they don't understand the co-operative culture of The Potters Guild. She told the story of a potter who came from another town and joined the Guild. She had been coming in at night and, one night, Eppie was there and tried a few times to strike up a conversation. After a couple of grumpy responses, this new member said, "Can't you see that the reason I came in at night was because I didn't want to talk to anyone?" Well, it wasn't long before she parted ways with The Potters Guild. Although, as Eppie said, "not everyone is equally co-operative," she also said, "The nature of The Potters Guild is that it tends to attract artists who are sociable and can work well with others."

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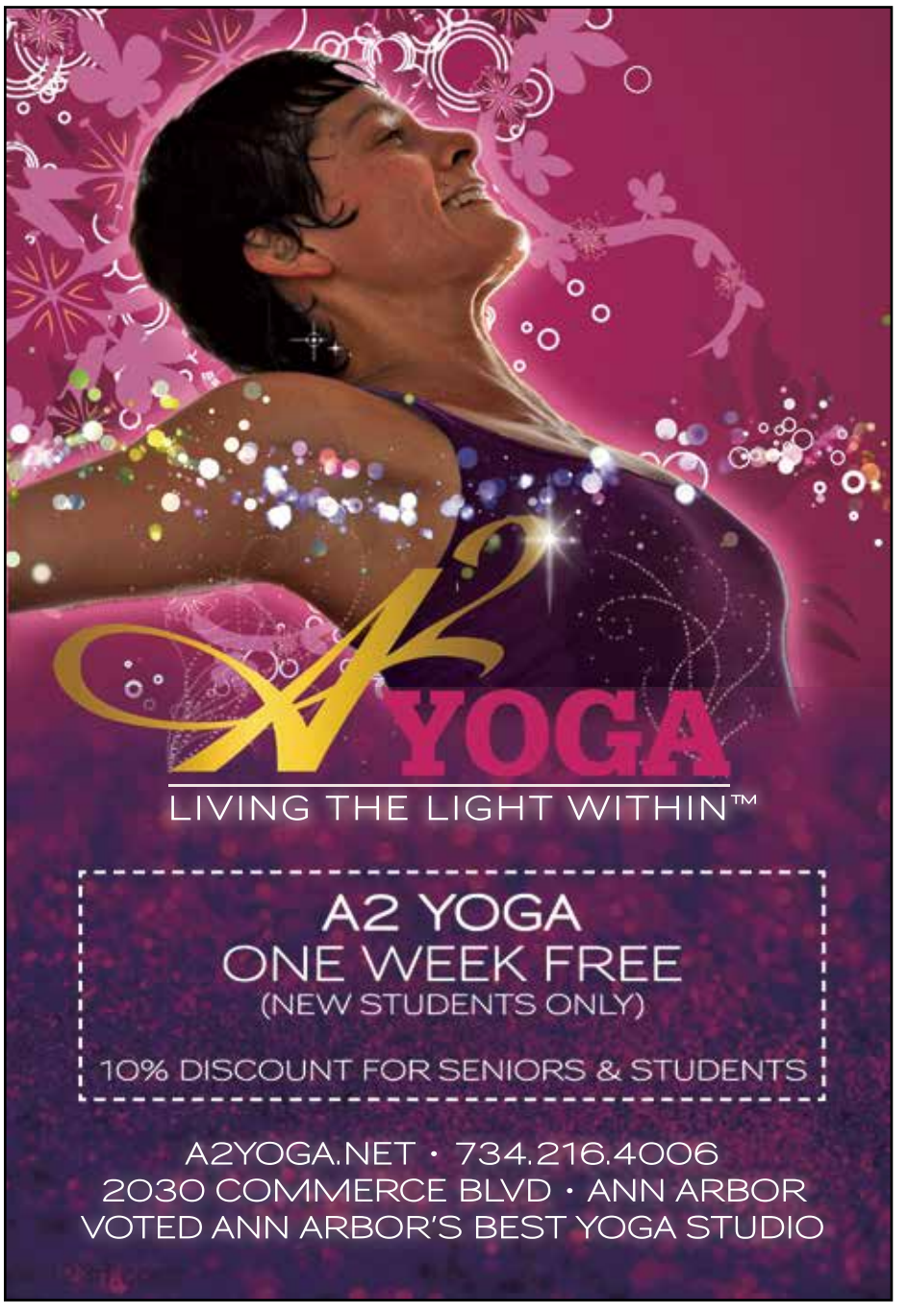

Lives of Co-operation: A Look at Some of the People Who Are Making our Local Co-operatives Happen

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Leticia Valdez

The co-operative spirit is something that lends itself easily to families and education and there are at least five co-op nursery schools in Ann Arbor. The oldest of these was founded in 1938. Although there are small differences between them, these co-ops are all structured fairly similarly. Typically, the programs have hired teachers but also count on volunteer help from parents. Programming includes classes for three-year-olds and four-year-olds, and occasional fill-in programs for five-year-olds who are too young for enrollment in kindergarten. Programming is two or three days for any given age group. Parents are expected to volunteer a certain amount each semester. With the volunteer involvement, co-op schools are more affordable than other daycare programs. While the programs don't meet the needs of families seeking full-time childcare, they typically work well for families with a stay-at-home parent or two parents working part-time.

The 12-member FUMCN board is in charge of running the operations of the school and meets once a month to decide on everything from school policy to how to get sand for the sand box.

Leticia Valdez is a parent of two young children, ages seven and four. Her four-year-old is enrolled in the First United Methodist Co-op Nursery, or FUMCN (fum-kin), located on State Street across from campus, and her seven-year-old is a graduate of the program. Although she is new to Ann Arbor, Leticia's family is not entirely new to this nursery school. Her husband attended there when he was a child.

One of the ways Leticia volunteers for FUMCN is working on design of their web page, fumcnpreschool.org. She has also served on the board of directors for three years and as the chair of the publicity committee. The committees are comprised of groups of parents who get the work done. The 12-member board is in charge of running the operations of the school and meets once a month to decide on everything from school policy to how to get sand for the sand box.

Parents also volunteer as classroom assistants. Leticia pointed out, “Some parents really like to participate with their children, and co-op preschools help with making the transition to school by providing a daycare program that involves the parents in the care.”

Once here, Leticia Valdez found that FUMCN was “a great place to meet other like-minded folks. Kids develop friends and then you find other parents with similar values.”

FUMCN, which was started in the early 1960s, is sponsored by the First United Methodist Church and housed in the church building. Still, they welcome families of all religious backgrounds and encourage the sharing of different cultures and religions. Although the curriculum is fairly secular, thank you prayers are offered before snack time. If you include the program for young five-year-olds, this daycare has nearly 70 students. FUMCN has a staff of six teachers and assistants.

In talking about cultural diversity, Leticia mentioned, “Last year the FUMCN program offered a once a week Spanish class.” Perhaps this was possible because a number of Spanish-speaking families have children enrolled in the nursery school. Leticia also noted the co-op’s diversity reflects that of Ann Arbor and attracts many international families. When I talked to the president of the Stone School Co-operative Nursery, another co-op nursery in town, she also said they have many international families who are part of their co-op.

Leticia moved to Ann Arbor with her husband for his residency program in 2009. She works part time doing Information Technology work for the University. Before moving here, she felt that as a mom with young children moving to Michigan from California it would be challenging to connect with the Ann Arbor community. Once here, she found that FUMCN was “a great place to meet other like-minded folks. Kids develop friends and then you find other parents with similar values.” The preschool has offered her a quick route to community. Leticia and her husband are part of an informal social group that formed from FUMCN parents. Once every other month the parents go out for a couples date night. The daycare also has an informal email list that is used for barter and exchange, impromptu gatherings, and referrals.

The University of Michigan Credit Union started in 1954 with 12 members. Today it has over 50,000 members.

Elgin Batie, Jr.

A credit union is a financial co-operative. There are over 7,000 credit unions in the United States, and nearly a million members. Nationwide their assets exceed one trillion dollars, which is about seven percent of the total financial assets held by financial institutions. A handful of credit unions have local branches in Ann Arbor, but the University of Michigan Credit Union is based in Ann Arbor and is probably the best known around town. The University of Michigan Credit Union started in 1954 with 12 members. Today it has over 50,000 members.

With a focus on service, credit unions tend to be more cautious than banks. Like many credit unions, University of Michigan Credit Union did not get caught up in the mortgage crisis of 2008 and it never needed TARP bailout money.

In 1987, Elgin Batie, Jr. was studying computer science and math with a minor in art at Eastern Michigan University. He was also working for the county sheriff as a reserve deputy. His wife insisted that no guns should be in the house once they started having children. That kind of nixed the deputy job.

Elgin thought he should get a job doing computer work to find out if that was the right career for him. He didn't know anything about co-ops or credit unions at that time, but he applied for a job as a computer operator for the University of Michigan Credit Union. It turned out that the position was part-time and he was looking for a full-time job, so the Credit Union gave him a full-time position as a teller, which he did for three months until a full-time computer operator position opened up.

It's hard to imagine a more jovial manager of security and fraud. Batie is quick to laugh and there is a warmth about him and an appreciation of fun.

This was at a time when computer networking was just getting started. Elgin grew with the position, getting certified in networking. He became an assistant manager for I.T., though "it wasn't called I.T. back then." For a while he worked with a credit union service organization that was a wholly owned subsidiary of the University of Michigan Credit Union, a co-operative venture among credit unions that was focused on providing support for ATMs, check processing, and collection. Then he returned to the University of Michigan Credit Union as branch manager of the North Campus branch. While in that position he was also in charge of security, and this evolved into his present position as the security and fraud manager. As he put it, working in security and fraud felt like coming back around to his early days in law enforcement.

1 Billion Co-op Members Worldwide

The Worldwatch Institute issued a report last year providing some statistics on co-op membership worldwide. The actual report has accompanying charts and graphs, and is heavily footnoted. It is available through vitalsigns.worldwatch.org

Here are some excerpts:

Co-operatives are low-profile but powerful economic actors, with the world's 300 largest ones generating revenues in 2008 of more than $1.6 trillion.

At the global level, 29 percent of the 300 largest co-operatives worldwide are agricultural co-ops, 26 percent are banks and credit unions, and 22 percent are retailers and wholesalers. Other sectors represented include insurance, manufacturing, health, and utilities.

Although less well known than mainstream corporations, the co-operative model is widespread and by at least one measure surpasses shareholder corporations: the 1 billion member-owners of co-operatives worldwide exceed the 893 million shareholders of corporations. Member-owner dominance of business ownership is found particularly in developing regions of the world.

The Global 300 major co-operatives and mutual businesses are located in 25 countries, largely in the industrial world. But an estimated 7 percent of Africans belong to a co-operative, and their numbers are growing rapidly. The number of co-ops registered in Uganda, for example, grew 13-fold between 1995 and 2008—from 554 to nearly 7,500. Savings and credit co-operatives in particular are thriving in Africa.

In many countries, co-operatives have a high societal profile. In some advanced industrial countries, co-ops generate a meaningful share of economic output: 21 percent in Finland, 17.5 percent in New Zealand, 16.4 percent in Switzerland, and 13 percent in Sweden. And in some countries a sizable share of the population—up to 70 percent—belongs to a co-operative of one sort or another.

A 2010 World Bank report found that credit union branches account for 23 percent of bank branches worldwide and serve 870 million people, making them the second largest financial services network in the world. And in a few countries—Austria, Burundi, Germany, Hungary, South Korea, and Spain—branches of co-operative banks outnumber those of commercial banks. Similarly for insurance: more than 30 percent of the market in the five largest insurance markets globally is controlled by mutual and co-op firms.

Co-operatives in the financial sector are valuable because they offer access to savings, loans, and other financial services to small and medium enterprises, particularly in rural areas, which lowers a key barrier to economic development in the poorest sectors of many economies. Some 45 percent of the branches of co-ops are located in rural areas, for example, compared with 26 percent of branches of commercial banks.

"We talk a lot about serving our members. Credit unions are about people serving people. We strive to live up to that philosophy."
–Elgin Batie

It's hard to imagine a more jovial manager of security and fraud. He is quick to laugh and there is a warmth about him and an appreciation of fun. Elgin shares the favorite quotes of the Credit Union's C.E.O. Tiffany Ford: "Work hard, play hard" and "Teamwork makes the dream work." Although Ms. Ford is a relatively recent C.E.O. for the Credit Union, her quotes reflect what Elgin likes about his job. He said, "The culture is more relaxed and you are encouraged to do your best. There is support and training, lots of training." He added, "When individuals come to work at the Credit Union from banks you see the change."

This is because banks are sales oriented. Elgin told me his friend who works at a bank is always stressed because she is expected to open a certain number of accounts daily. Alternately, most credit unions aren't trying to sell you something but are there to assist their members and not to make a sales quota. "We talk a lot about serving our members. Credit unions are about people serving people. We strive to live up to that philosophy."

Elgin recounted a story from a credit union management training program that he participated in. The program included a community outreach day when credit union managers spent the day fixing up homes of people in need. People were so moved by the experience that many of them came back in tears. "That," said Elgin, "was a good way of expressing people helping people."

He is also quick to share a list of over fifty organizations and events that the University of Michigan Credit Union has sponsored or contributed to in the past year alone. This commitment to service falls in line with the motto of credit unions: "Not for profit, not for charity, but for service."

With a focus on service, credit unions tend to be more cautious than banks. Like many credit unions, University of Michigan Credit Union did not get caught up in the mortgage crisis of 2008 and it never needed TARP bailout money. Although Elgin acknowledged differences between the Credit Union and conventional banks, he expressed that he prefers to focus more on the strengths of credit unions. The Credit Union has grown slowly since Elgin first was hired. Its number of employees has grown from around 80 to nearly 120. In 1987, there was only one branch. Today there are six branches in Ann Arbor and one branch in Dearborn.

Continued on page 38

Lives of Co-operation: A Look at Some of the People Who Are Making our Local Co-operatives Happen

Continued from page 37

Kevin Quinn

Kevin's belief in the positive impact of his buying power strengthened by working in the produce department. Knowing the "back story," he likes being able to share information with shoppers and feels he has made decisions that supported co-op principles and the local economy.

I have been a member of the People's Food Co-op since I moved to town in 1980, and for the past three years have served on its board of directors. As you enter the People's Food Co-op, you walk up a ramp, around a corner, and find yourself directed toward the produce department. Front and center, the produce department speaks to the Co-op's values.

The Co-op has a reputation for being the place you will find the most local, organic, and whole food in town. It's also the place where you may run into Kevin Quinn. With his tight curly hair, warm smile, and easy direct eye contact, Kevin is a focused and friendly part of the People's Food Co-op produce team. He has worked at the Co-op in the produce department for almost seven years.

Kevin used to be a schoolteacher, first in Detroit, then for five years in Portland, Oregon. It was in Portland that Kevin first got involved in co-ops as a shopper at a grocery co-op, coincidentally also called People's Food Co-op. The Portland co-op had a generous volunteer program that allowed co-op owners to volunteer more and receive a greater discount on store purchases. (The Ann Arbor People's Food Co-op had a volunteer program like this but discontinued it due to potential legal concerns.)

Kevin liked several things about the Portland co-op. One was that the money he spent would support a co-op and, ultimately, profit the members, including him. He was also trying to get away from excessive consumerism. As he put it, "As a consumer, I didn't need a lot of stuff, but the stuff I needed I could get from the Co-op." He was becoming conscious of his food's sources. This was at a time of growing concern about genetically engineered foods and food safety, and there was less of what he calls "organic junk food." Kevin also found that his food choices allowed him to be part of something — a community. He enjoyed saying hi to the people he knew at the Co-op. The store had a community feeling.

Kevin also found that his food choices allowed him to be part of something — a community. He enjoyed saying hi to the people he knew at the Co-op. The store had a community feeling.

When he returned to Ann Arbor, Kevin wanted to do something other than teaching. He saw a job posting at the People's Food Co-op that led to a position in the produce department. Soon he was assistant manager, and then manager of the produce department for three and a half years. Kevin's belief in the positive impact of his buying power strengthened by working in the produce department. Knowing the "back story," he likes being able to share information with shoppers and feels he has made decisions that supported co-op principles and the local economy.

Last year the People's Food Co-op was in the process of selecting a new general manager. Although Kevin thought about applying and some of those involved in the selection process thought he would be a good candidate, he decided against that move because, as he put it, "flipping roles with my former boss felt uncomfortable."

Instead, last June Kevin quit his position as produce manager but continues to work half-time in the produce department. He made this change in order to work with David Klingenberger at The Brinery, Ann Arbor's premiere fermented foods manufacturer. Although The Brinery is not a co-operative, it is involved in a project called the Washtenaw Food Hub. While still in its formative stages, the Food Hub is considering operating as a co-operative of local food businesses and farms. As a site for storing and processing food, at the very least, the Food Hub will be promoting co-operation among local food initiatives. For Kevin, working at The Brinery is an opportunity to do something new and interesting while further promoting the local food movement.

Kevin's involvement with co-ops extends to his housing choice. He is a resident of Arrowwood Hills, a complex of 350 townhouses collectively owned as a limited equity co-operative. Arrowwood was originally funded with a HUD loan and for forty years the terms of the loan required the housing complex to run as a co-operative. In 2011, the loan was paid off and members had an opportunity to vote on the ownership structure. To change from the co-op structure that Arrowwood had operated under might have allowed members to sell their units for whatever the market would bear, but the people at Arrowwood enjoyed it as a place to live and appreciated the value of community greater than market returns. Arrowwood is one of five HUD funded housing co-ops in Ann Arbor. Of the five, all but one have voted to retain their co-op structure.

Kevin moved into Arrowwood in 2006 by coincidence. He wasn't looking for a co-op, but the monthly charges were low and, although he doesn't know where every dollar goes, he trusts the people who run Arrowwood. As he put it, "For what you pay, the property is nice, and payments are not making one owner rich."

Kevin values the way co-ops let you be a part of something bigger than yourself, magnifying your impact. He seems to have the co-op bug and is also a member of the University of Michigan Credit Union. As Kevin put it, "Banks get a bad rap, but my credit union is not nickel and diming me. Its purpose is not to make money but to meet consumer needs."

I first got to know Kevin when, for a year or so, our families were part of a co-operative dinner group. Five families took turns hosting dinners at their home every two weeks. Finally Kevin told me about the smallest co-op I've ever heard of, a two member "co-op," "The Bean Co-op" he established with a neighbor. Observing that it takes about as long to cook two pots of beans as it takes to cook one, Kevin and his neighbor worked out an agreement where they take turns cooking beans. Once you have the co-op spirit everything becomes an opportunity for mutual aid.

Once you have the co-op spirit everything becomes an opportunity for mutual aid.

Concluding Thoughts

From their views and experiences, each of these co-opers offers insights into what makes co-ops great and what makes co-ops work. If Jim Jones has a message, it is that co-ops create an environment that nurtures empowerment and that democratic participation makes a difference. Eppie Potts' history shows that even if people are not all equally co-operative, with fair rules, people can co-operate equally. Leticia Valdez's experience is that co-ops can be a doorway to community. Elgin's co-op motto seemed to be people helping people. Although Elgin's perspective was as an employee rather than a member, he exemplified how co-operatives can be great businesses to work for. Finally, Kevin extolls the virtues of accountability and transparency that co-ops can offer. His life is also an example of the way co-ops can meet many of an individual's needs.

The International Co-operative Alliance has a goal for co-ops worldwide, but what about here in Ann Arbor and southeast Michigan? Can co-operatives become the fastest growing sector of our local economy by 2020? Perhaps they can become intrinsic to the spirit of the times, the zeitgeist, that Jim talks about. Co-ops have a lot to offer and there are local signs of hope. Many of the co-ops that have been around for decades are going strong. In the past year or so, I've heard about a number of co-operative start-up projects. Nonetheless, the success of our local co-ops depends on the support and participation of local folks. Fastest growing sector by 2020? Together we can!

Green Living

Hydraulic Fracturing: What Does it Mean for Michigan?

By Nancy Shiffler

Natural gas and "fracking" are terms in the public eye these days. We hear them in newscasts, television and radio ads, documentaries, and feature length movies. Depending on whom you listen to, natural gas will save the country or will threaten our water supply and public health; it's a bridge or it's a gangplank. While one short article can't sort through all of the arguments, here are some basics and how they play out in Michigan.

Depending on whom you listen to, natural gas will save the country or will threaten our water supply and public health; it's a bridge or it's a gangplank.

What is hydraulic fracturing?

Hydraulic fracturing, or "fracking," is a process for extracting natural gas from tight shale formations. Unlike conventional wells, where the gas collects in porous layers of rock, the gas in shale is trapped within tiny pores. In order for the gas to flow freely, these pores must be fractured and propped open, using a mixture of liquid and sand forced into the well under high pressure.

Fracking has been around for some fifty years. However, this latest gas boom accesses deep shale layers previously considered economically infeasible through four technologies:

- **Directional drilling:** Drilling to depths of 9,000 feet or more and then turning to drill horizontally 5,000 feet or more, accessing more of the trapped gas in a single drilling event.
- **High fracking fluid volumes:** Forcing 3-7 million gallons of water, sand, and chemicals at very high pressure down the well to fracture small fissures into larger ones.
- **"Slick" water:** Adding chemicals to the water as friction reducers, biocides, and gels to maintain flow and fracturing over the long drilling distance.
- **Multi-well pads:** Horizontal drilling in multiple directions off the same well pad.

What are the concerns?

The entire process, from drilling, fracturing, extracting, processing, and transporting the gas, has evoked serious concerns about its impact on the environment.

- **Water Quantity:** Wells may be fracked once or many times, each time using 3-7 million gallons of water (this is the typically cited quantity, but two wells in Kalkaska County recently reported using 21 million and 16 million gallons). In Michigan, this water is usually obtained from local ground water wells drilled on site. Some of the water is returned to the surface and some remains underground. In either case, because of the chemical additives, the water is lost to the hydrologic cycle. Nonetheless, oil and gas drilling are exempt from the state's water withdrawal law. The Michigan Department of Environmental Quality (DEQ) has in the past year begun requiring companies to use the state's Water Withdrawal Assessment Tool as part of the permitting process, but that information is not subsequently registered in the state's water withdrawal database for study of cumulative effects.

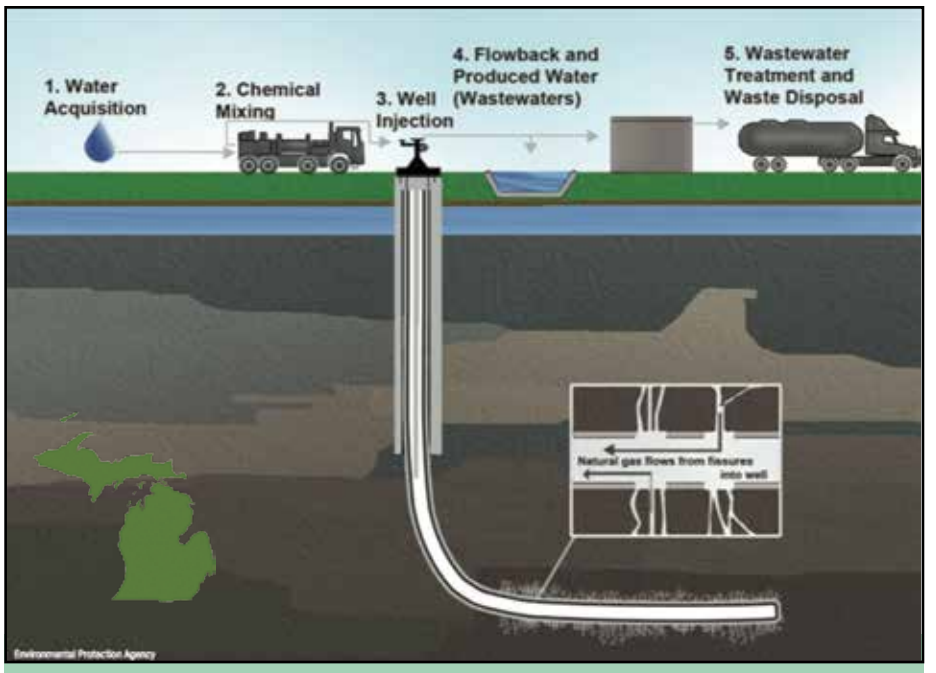
Could these chemicals reach local surface or ground water?

- **Water Quality:** The chemical additives make up only about 1 percent of the fracking fluid, but in millions of gallons of water that can add up to thousands of gallons of chemicals. Some are relatively benign, but others, such as benzene, xylene, and ethylene glycol, can be quite toxic. The particular mix of chemicals is often treated as a trade secret and not made known to the public. The returning water also picks up substances in the shale, such as barium, lead, chromium, and Naturally Occurring Radioactive Materials (NORMs). In Michigan, the water is disposed of in deep injection wells.

  Could these chemicals reach local surface or ground water? The induced fractures could spread to naturally occurring fractures or to nearby active or abandoned wells and migrate into the water table. A more likely source of contamination is failure of the protective cement well casings inside the wells. Poor quality cementing or stresses from the pressure during fracking could produce leaks in the casing. Data reported by the state of Pennsylvania indicated that, for wells drilled in 2010 and 2011, about 6 percent exhibited casing failures. Finally, contamination can occur from surface spills, leaking tanks, faulty valves, or from intentional releases. In spring of 2012, the DEQ approved and a month later rescinded permission for flowback "brine" from a Kalkaska well to be sprayed on gravel roads for dust control.

- **Air Quality:** Truck traffic, diesel generators, and gas venting or flaring generate air pollution. Pollutants include volatile organic compounds, methane, and hydrogen sulfide. Rural Sublette County in Wyoming, with 27,000 gas wells, has recorded ozone levels higher than Los Angeles.

  Natural gas (methane) has been touted as a cleaner alternative to coal. At the point where it is burned and converted to carbon dioxide, it is cleaner, albeit still a fossil fuel. However, methane is a green house gas 22 times more effective at trapping heat than carbon dioxide, and when methane leakage en route from the drill site to the power plant is taken into account, the total green house gas effect can be identical to coal. A recent Colorado study by NOAA found as much as 9 percent of the methane from the production process was leaked or vented.


1. Water Acquisition
2. Chemical Mixing
3. Well Injection
4. Flowback and Produced Water (Wastewaters)
5. Wastewater Treatment and Waste Disposal
Natural gas flows from fissures into well
Environmental Protection Agency

In May and October of 2012, the state auctioned off thousands of acres of mineral rights in state recreation areas — mostly for oil drilling — many in Barry, Livingston, and Oakland counties.

- **Surface Impacts:** Five-acre well pads, along with roads, compressor stations, and pipelines, produce habitat fragmentation in forested areas. The noise, lights, truck traffic, machinery, and processing facilities can turn a rural area into an industrial zone.

What's happening in Michigan?

Fracking has occurred in Michigan since 1952, predominantly in shallow (600-2,200 feet deep) vertical wells in Antrim shale. Beginning in 2010, using the new technologies, interest developed in the deeper (5,000-12,000 feet deep) Utica-Collingwood shale plays. The DEQ lists 53 active Utica-Collingwood permits, mostly in the northern Lower Peninsula. The current low natural gas prices have temporarily slowed the pace of new gas wells in favor of more lucrative oil wells.

Oil drilling has been the focus in the southern Lower Peninsula. Since 2009, some 60 wells have been drilled in Jackson County, with a line of development between Jackson and Adrian, including the Irish Hills area. Leasing is also beginning in Washtenaw County. In May and October of 2012, the state auctioned off thousands of acres of mineral rights in state recreation areas — mostly for oil drilling — many in Barry, Livingston, and Oakland counties.

For the most part, this oil exists in a geologic layer that does not require hydraulic fracturing as yet. While it does not require the volumes of water and chemicals needed for deep shale fracking, many of the same concerns exist around potential spills, leaks, blowouts, methane flaring, truck traffic, noise, and waste disposal.

Michigan has the highest number of households on private water wells. More than 50 percent of Michigan's population depends on groundwater for its drinking water supply.

In Michigan, the state controls regulation of oil and gas wells, with no formal process for citizen input. Local communities can set restrictions on setbacks, noise, and hours of operation, using public health and safety concerns, but may be caught off guard by a sudden leasing boom. States like Ohio and Pennsylvania have shown that communities and property owners may find it difficult and divisive to weigh the company's (often rosy) economic promises from leasing against the potential impact on public health and safety, community infrastructure, water, and property values.

Weighing risks and benefits always comes down to whose risks and whose benefits. Michigan has the highest number of households on private water wells. More than 50 percent of Michigan's population depends on groundwater for its drinking water supply. When it is your water supply that is contaminated, reading a risk analysis is small comfort. Compared to states like Pennsylvania and Colorado, Michigan is in the early stages of the oil and natural gas boom. We are still in a position to make decisions about energy production and usage in the state. We have options to focus on renewable energy rather than more fossil fuels. Now is the time for citizen voices to be heard.

Nancy Shiffler is a volunteer with the Sierra Club, serving as chair of the local Huron Valley Group, co-chair of the Sierra Club Michigan Chapter Beyond Natural Gas and Oil Committee, and a member of the national Sierra Club Natural Gas Leadership Team.

Additional Information

Michigan Chapter, Sierra Club: www.michigan.sierraclub.org
Propublica reporting: www.propublica.org/series/fracking
Natural Resources Defense Council: www.NRDC.org/energy/leaking-profits.asp
www.dontfrackmichigan.org
In Washtenaw County: www.nopaxton.com
MDEQ: www.michigan.gov/deq/0,4561,7-135-3306_57064---,00.html
Tip of the Mitt Watershed Council: www.watershedcouncil.org/learn/hydraulic-fracturing/
Michigan Oil and Gas Producers Education Foundation: www.mogpef.org/Home.aspx
U-M Hydraulic Fracturing Study: graham.umich.edu/ia/hydraulic-fracturing.php

Sustainable Health

Sustainability: It's Not Just About the Planet

By Ellen Livingston

"Sustainability" is today's buzzword for lifestyle practices that include organic food-growing, eating locally grown food, green building, recycling and reusing, permaculture practices, and fair trade. Here is one dictionary definition: "*Sustainability*: from the verb *to sustain,* meaning: to hold up; to bear; to support; to provide for; to maintain; to sanction; to keep going; to keep up; to prolong" (retrieved from www.houstonlwsforum.org). How might sustainability be expressed when we apply this concept holistically to a human life? Wouldn't a life that we *love* be the most sustainable one?

People see their life through a new lens as their bodies cleanse and heal. By eating only the foods Mother Nature has provided and intended for us, a connection to our source is renewed.

We can begin by looking at how we raise our children. When I had my first baby, I was fascinated by her approach to the world — being still pure and healthy, she was so present always, and explored her environment with a sense of wonder, awe, enchantment, and enthusiasm. She had not yet been given any other lens, and I wanted to protect this joyful experience for her. Thus began our homeschooling experiment. I simply allowed my children to direct their own education, with life as the curriculum and permission to explore whatever most interested them. I hung a quote in our kitchen that read, "All children should have the right to learn what they want, when they want, how they want, and where they want." My role was simply to make the world available to them, to facilitate the learning they requested, to care for them, and to offer guidance when needed. As long as they honored our code of respect, they were free to make the most of their own decisions. Other parents would ask me how I could keep up with all the work of homeschooling, and I would shrug and say, "It's easy — the kids learn naturally, doing what they're drawn to do, and everyone is happy." It felt very sustainable to me.

Sustainability is, at its very core, about helping each other to live heart-centered, joyous lives, connected to our source, and doing what we love. And love is what makes the world go 'round — and 'round — *sustainably*.

When we teach all children the same subjects, at the same time, in schools separated from *life*, what kind of sustainability are we aiming for? It's a whole lot of *work* (often dreaded) for everyone involved, and what kind of adults are we creating? Where is the freshness, the heart-centeredness, the self-directed originality and aliveness that creates a real sense of renewal? Maybe this approach "prolongs and keeps something going" as the dictionary defines sustainability, but what kind of energy are we prolonging? It's a good question to ask.

Once I felt my way into homeschooling, I began to question a lot of things about how we choose to live. One area that especially fascinates me is our food choices. I started to look to nature for my answers, rather than to "expert" opinions. With nature as my teacher, a diet of fresh uncooked, unprocessed food made the most sense. Eating in this way quickly opened up more questions about how I was living. People saw the positive, life-changing results I was getting and began to look to me as a raw-food coach. I quickly learned that I really needed to be a life coach, because soon after adopting a raw-food diet, my clients' lives began to open to change, as mine had. People see their life through a new lens as their bodies cleanse and heal. By eating only the foods Mother Nature has provided and intended for us, a connection to our source is renewed. As our body starts to feel better than we can remember, we begin to notice more acutely the places in our lives where we have disconnected from the very basics of what creates nature's synergy and the cyclic sustainability of life.

By the way, "failure" is the backbone of success. If we aren't having frequent failures, we probably aren't really living fully. Failure is simply feedback that helps us to grow. It's all part of the cycle of living sustainably.

With the numbing sludge of toxic and inappropriate foods removed from our cells, and vibrant new cells being birthed from more available nutrients, we begin to crave more sunshine, fresh air, and contact with the earth, the plants, our heart, and our fellow beings. We see more clearly where we have dishonored our heart and soul, and where we have strayed from our natural, inner birthright of love and joy, awe and enchantment. We gather the strength and clarity to reconsider the choices we have made that may not have fully honored our divinity. We catch a glimpse of what it feels like to be truly *alive* and enlivened, and we want more of this feeling.

A properly planned raw vegan diet can be a fast-track ticket to this powerful new level of self-awareness and clarity. With the right fuel in our bodies (fuel and nutrition is, after all, what nature intended our food for), a huge amount of energy is freed up because it is no longer needed for the challenge of dealing with unwanted and inappropriate foodstuffs. A cleaner, lighter, more optimally functioning body is the beautiful temple we were intended to have — one in which our mental, emotional, and spiritual bodies can live and thrive.

Eating the most natural foods, growing much of our own food, and taking good care of our collective resources goes a long way toward making our bodies feel good and our lives feel valuable, purposeful, and connected. But sustainability is, at its very core, about helping each other to live heart-centered, joyous lives, connected to our source, and doing what we love. And love is what makes the world go 'round — and 'round — *sustainably.*

Have you ever felt that something was missing in your life, even when things seemed to be going well? That *something* is often hard to articulate, but it is exactly the piece we need to recover if we want to be an expression of a truly sustainable life. I believe we are designed to live in a state of perfect health and pure joy, as the wild animals do. Our complex human experience greatly challenges this, but with willingness, openness, and commitment, we can reunite with our Self and our source, and we can embody our naturally joyful aliveness again.

Ask yourself this: if money were no object, if you didn't care what other people might think of your choices, and if you knew you couldn't fail, what would you truly *love* to do? By the way, "failure" is the backbone of success. If we aren't having frequent failures, we probably aren't really living fully. Failure is simply feedback that helps us to grow. It's all part of the cycle of living sustainably.

I know from my own experience that when I am at my peak health, and when I am letting my heart lead me to make choices for what I would really love, that is when I feel most radiantly alive, and that is when my life feels joyfully, easily sustainable. When I feel this good, I am most available to give my unique gifts freely in service to my fellow beings — sustainable, loving service.

Ellen Livingston *resides on five beautiful acres in Ann Arbor. She offers life coaching programs, yoga classes, raw-food support groups, and free monthly talks at Crazy Wisdom. She is the author of a popular raw-food lifestyle handbook:* The Ultimate Raw Food Diet Detox and Wellness Program. *She leads life-transforming retreats in the tropical paradise of Costa Rica in the winters. The 2014 Costa Rica Retreats will take place January 17–25 and February 7–15. Ellen may be contacted by phone at 734-645-3217 and by e-mail at ellen@livingyoganow.com. Her website is NewLivingNow.org*

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Meeting Them Halfway ~

Local Beekeepers Combine a Fascinating Hobby with an Altruistic Goal — Helping Bees Survive and Thrive

Besides raising a large variety of herbs and vegetables for the nearly two hundred member families of the Community Farm, Paul Bantle and Annie Elder keep bees and sell their honey, and make healing salves and candles out of their wax. The two of them have long studied, lived, and championed sustainable lifestyles, for humans and the rest of the natural world, and are two of the most respected members of our area's holistic community.

By Sandor Slomovits
Photos By Doug Russell

Even those of us who have been city dwellers for most our lives are likely to have at least a cursory knowledge of the critical role honeybees play in our world. We've all delighted in the incomparable taste of honey, may have enjoyed the warm, beautiful light and fragrance of beeswax candles, or maybe benefited from the healing properties of salves containing beeswax. Possibly we know that a large percentage of human agriculture is dependent on bees for pollination, and we likely have heard of colony collapse disorder, the mysterious affliction that has destroyed many honeybees since 2006.

This article is not intended to convey all, or even many, of the amazing facts that entomologists and beekeepers have learned about honeybees, (although it is impossible to talk about bees without relating some of their incredible capabilities). Nor is it a review of what has been learned about colony collapse disorder and what is being done to address this tragedy. Rather, it is a series of small windows into the reflections, perceptions, observations, and experiences of a handful of local beekeepers.

Anthea van Geloven and Jacob Warren

Anthea van Geloven and Jacob Warren are both 17, classmates at Rudolf Steiner High School, and helped found the organic gardening club there. This spring they began keeping bees in Anthea's family's front yard in South Lyon. Anthea's family has been doing small scale farming for years. They've raised goats, sheep, and chickens, and have a large vegetable garden. Anthea's mother, Gabriele, has considered raising

Anthea van Geloven

"We felt this incredible excitement for the bees to come, this deep longing and love… so when the wild swarm arrived, we were just in awe. I think they heard our call."
– Gabriele van Geloven

bees ever since she first learned of their troubles six years ago. Jacob, too, has "entertained the idea of keeping bees for years. However, it's never been feasible due to my urban setting."

They originally intended to have only one hive, but before their mail order bees arrived, a wild swarm moved into the empty hive they'd set up. "We felt this incredible excitement for the bees to come, this deep longing and love," says Gabriele, "so when the wild swarm arrived we were just in awe. I think they heard our call." They promptly bought another hive and filled it with the mail order bees. The activity was, "One of the most incredible experiences of my life," says Anthea.

The novice beekeepers have been learning from books, videos, and other beekeepers. Jacob says, "Obviously there's still a lot that I don't know, things that require experience. To learn these things I'm relying on the bees to teach me over time." Gabriele says, "We love being with them, just lying in the grass, listening to their humming and watching them working so hard. They totally humble me." Anthea adds, "It's amazing how calm they make me feel when they're around me."

They bought their hives from Jason Gold, who lives with his family on a small farm in Superior Township. Here he grows a variety of vegetables, fruits, and herbs; raises goats, chickens, and bees; and runs an organic animal feed buyers club (Ourhandmadelife.com). Jason is also an experienced woodworker, and last year began crafting hives based on principles he learned from *Beekeeping for All*, a book

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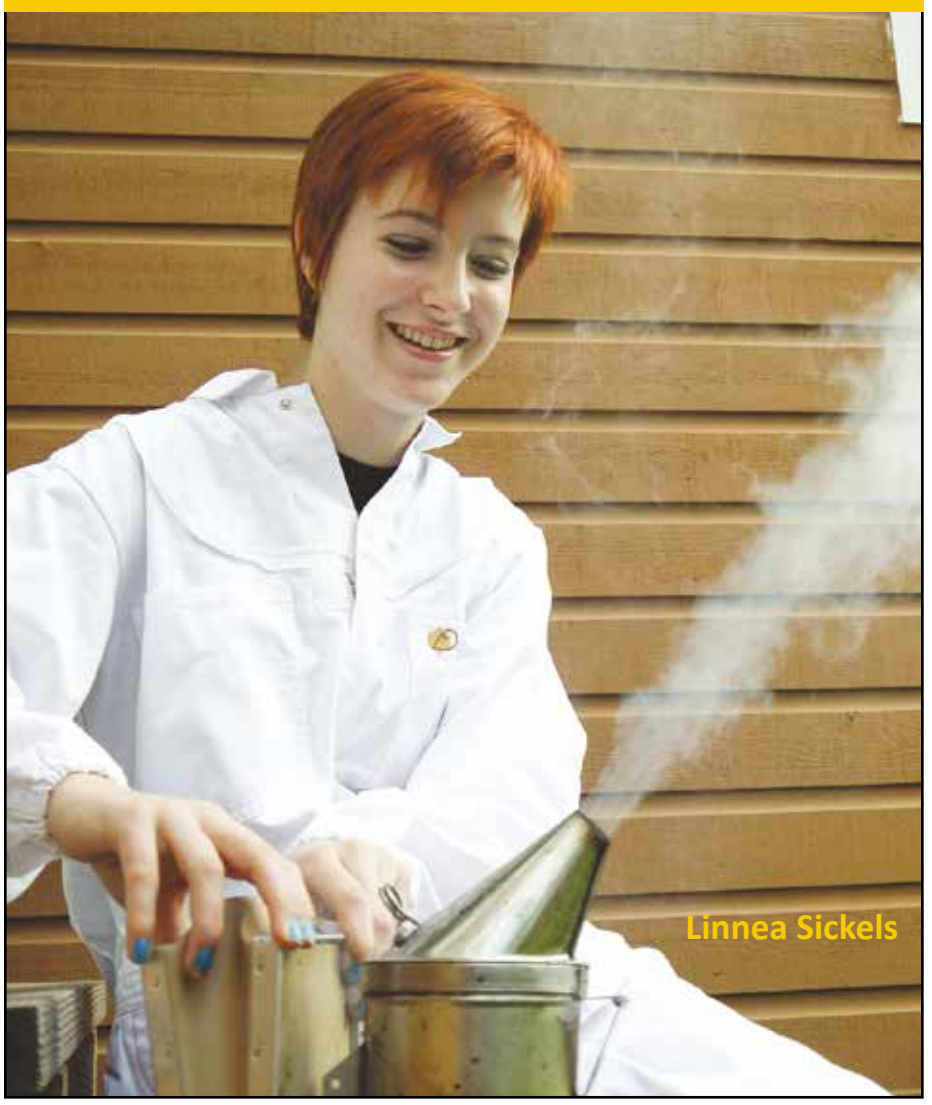
"Rudolf Steiner penned in 1923 that if humanity continued to cultivate honeybees by artificial means, we would, by the end of the century, witness the mass disappearance of bees. It appears that when we fail to perceive the whole picture, and instead concentrate on the parts, our inventiveness falls short of the masterful way that nature creates and manages."
– Jason Gold

"As I become more fluent in the language of the bees, I have started to remove my armor and meet them halfway." – Jason Gold

Meeting Them Halfway ~

Local Beekeepers Combine a Fascinating Hobby with an Altruistic Goal — Helping Bees Survive and Thrive

"There is a reason they're disappearing. There are likely multiple issues; overworking them, carting them all over the country gets them disoriented, cell phones, pesticides, herbicides, pollution, and genetically modified crops may also be involved."
– Rob Martens


Linnea Sickels

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by Abbé Émil Warré. The design intends to mimic how bees create hives in nature. "Rather than adding empty boxes to the top of the hive — as in conventional hives —with a Warré hive, empty boxes are added to the bottom. This simple change successfully mimics the environment of a natural colony, as they will always build downward from the top of the cavity rather than upward. Additionally, a Warré hive is fitted with a shallow box called a quilt that is filled with wood shavings and added to the top of the hive, soaking up moisture and assisting in regulating the temperate of the hive. The hive does not need to be vented nor is it outfitted with frames."

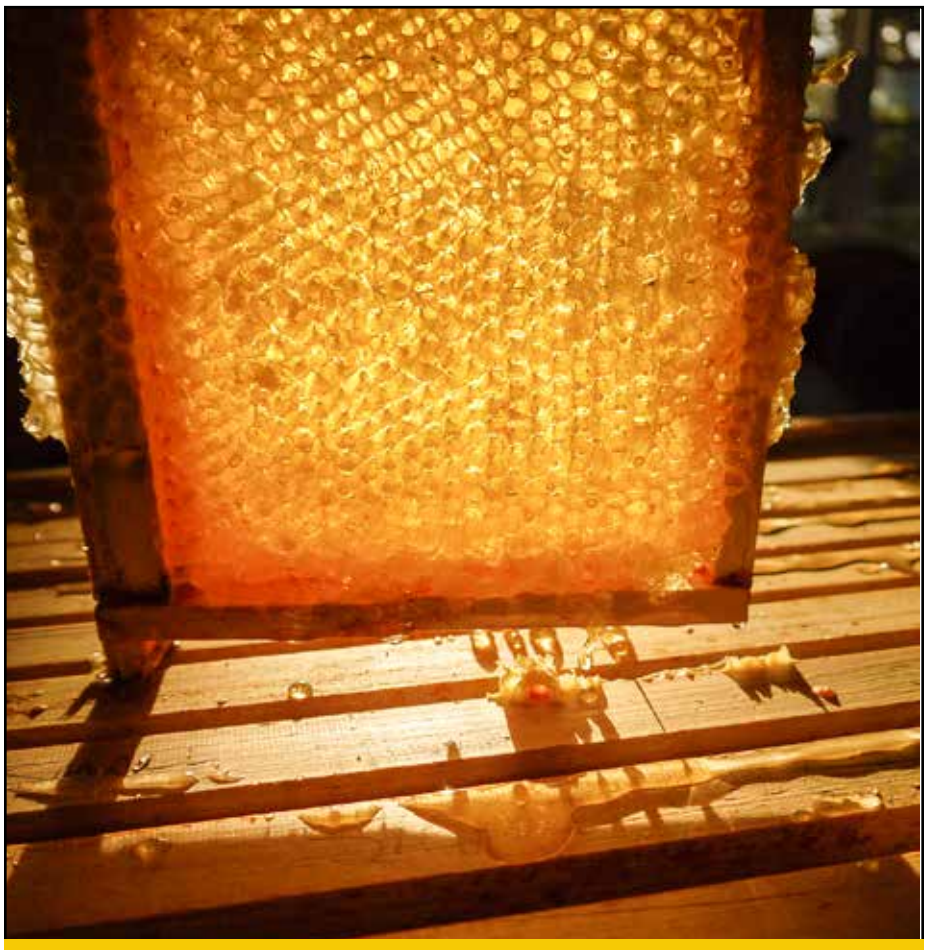
Surprisingly, given his current connection with bees, Jason "swore off any involvement with bees" after a painful sting at the age of 13. But, "Years later, and heavily invested in the good food movement, I came across literature discussing the accounts of mysterious disappearances of honeybees around the world." Like Gabriele, he was determined to try to help, and began studying the available literature, in particular the holistic, biodynamic approach to agriculture pioneered by Rudolf Steiner. "Steiner penned in 1923 that if humanity continued to cultivate honeybees by artificial means, we would, by the end of the century, witness the mass disappearance of bees. It appears that when we fail to perceive the whole picture, and instead concentrate on the parts, our inventiveness falls short of the masterful way that nature creates and manages."

Besides crafting hives, Jason now also keeps bees and is helping others learn the art of beekeeping. "While I am no longer afraid of a bee sting," he says, "I still take suited precautions. Although, as I become more fluent in the language of the bees, I have started to remove my armor and meet them halfway."

Dr. Malcolm Sickels, who practices integrative general and family medicine in Ann Arbor, began keeping bees three years ago. He explained:

> I wanted to start a hobby with my teenaged daughter. We didn't want to use any pesticides on our bees, so [we] have a bit of a sink or swim philosophy with them. When we started, there were few books about organic beekeeping, but we refused to apply all the chemicals that are recommended. Beekeepers are supposed to not apply chemicals when the bees are making honey for human consumption, but bees move stuff around all the time. I don't think there is a safe time to put chemicals on the hive. Even the wax will accumulate all the stuff that's in there.

Our first year, the bees — we got some feral bees — barely made any honey. We started late in the summer and fed them as much as we could, but they had precious little reserves for the winter. Bees live off their honey during the winter and use the energy to keep warm. I put insulation on the hive and some sugar on top as a last resort, but figured the chance of them surviving was slim. Lo and behold, in early May, they made cleansing flights. They don't use the bathroom until it's warm enough; thus the cleansing flights that leave pollen-yellow spots in the snow, demonstrating that they survived the winter. We got two more hives that year and were able to harvest honey for the first time, but that first hive never produced enough honey to harvest. That following winter all three hives perished. One, the best producer, disappeared in the fall, and the other two didn't survive the winter. We got all new bees last year and all survived the very mild winter we just had.



"Five thousand trips — round trips — to make one teaspoon of honey… They work so hard; they're an inspiration. It's enough to make you religious."
– Rob Martens

Malcolm's daughter, Linnea, has expanded their hobby and has begun to make cosmetics, lip balm, and moisturizer with chemical-free beeswax, organic olive oil, and Michigan mint. She also blogs on her website, linneassignature.com, about some national efforts to ban pesticides that may be contributing to colony collapse disorder.

Rob Martens is a retired audio engineer and musician who started keeping bees as a hobby in his backyard five years ago after watching his friend, Andy McLaughlin, working with bees. He keeps two hives now and gives away almost all his honey to friends. Like every one of the beekeepers I talked with, he's fascinated with the life cycle of bees and their activities. His face becomes animated and his voice fills with wonder as he relates some amazing facts about bees:

> Five thousand trips — round trips — to make one teaspoon of honey. They're so organized, the community works so well together. One on one they don't do much, but together, they get all this stuff done. If it's too warm, they'll be at the top fanning the heat out. If it's too cold, they get around the queen and make energy, heat; they eat honey, turn it into heat to keep the queen warm. It's just staggering. They work so hard; they're an inspiration. It's enough to make you religious.

Rob, like all the beekeepers I talked with, is saddened and concerned about the plight of bees:

> Colony collapse really affects the commercial beekeepers that truck their bees around the country. They have semis full of — I don't know how many — hundreds, thousands of hives. They start in Florida with the oranges and they go up the coast for the blueberries and then they take them over to California for the almonds. They don't even bother gathering the honey. Honey is the byproduct that they negotiate into the deal somehow, but it's way down the list after pollination.

"Bees can multiple pollinate fruits, so they'll return to the blossom over and over again, different bees, and that increases the fertility in that fruit and it can make a fuller, richer fruit by more visits from the bees."
– Paul Bantle

I ask him if all this carting around of bees is a necessity brought on by our giant orchards and agricultural monocultures. "Absolutely," he says, adding:

> Before, when everything worked the way it's supposed to work, the farmers had their own hives, and the bees would come; maybe there weren't even hives, just a hole in a tree, and they'd go out and pollinate the crops. Scientists are saying the honeybees are just a little ahead of us; they're like the canary in the coalmines. There is a reason they're disappearing. There are likely multiple issues; overworking them, carting them all over the country gets them disoriented, cell phones, pesticides, herbicides, pollution, and genetically modified crops may also be involved.

Rob's friend, Andy McLaughlin, is a foreman at Sure-Flo Fittings, a company that manufactures fittings for irrigation systems. His lifelong interest in bees dates back to his childhood when he learned how to find wild honeybees from a friend of his father. Rob recalled about Andy:

> He would capture a few bees, mark and release them. He'd check the direction they flew as they returned to their nest, and note the time that it took them to go and return to where he had captured them. The info he gathered in this way indicated the direction and distance to a nest. Then, he would track them down and remove them. At nine or ten years old his detective work fascinated me.

When I talked with Andy, he told me that, years later, he "bought some bees, proceeded to make about every mistake that can be made — [and] continue to make more than I should, but have a lot of fun doing it."

"Biodynamic agriculture would really pre-date the word organic even, and both of them have historical roots that go back hundreds of years. The word organ literally refers to the organs of the farm body and that's what makes it organic and whole."
– Paul Bantle

Andy still captures wild swarms, though his most recent episode, earlier this spring, didn't involve any detective work.

> I was walking out of the Whole Foods store one Saturday afternoon. As I approached my truck, a couple of bees flew past me. They were followed by ten, twenty, a thousand. Pretty soon the parking lot was alive with this swarm. People were running into stores. Some dove quickly into their cars. We simply were in the path of a natural phenomenon as it passed through the parking lot.
>
> I was busy trying to see where they were headed. I was hoping for a landing in one of the small, close-to-the-ground maple trees that dot the lot. No such luck. They gathered at the top of the wall above the AT&T store. I had no time to try to catch them because I was headed to my grandson's birthday party. Sunday morning they were still there. I left my truck sitting in the parking lot with a hive box filled with comb and some honey. There is always a chance that a swarm will choose to move into a well-positioned box. I have caught swarms that way, but not this time.
>
> Monday morning I got a call from a friend while I was at work. He was standing with a couple of people who worked for McKinley Properties as they looked up at the swarm. They wanted the bees removed. So my buddy told them about me and they gave me access to the roof of the building. My co-worker, Fred, and I climbed up a ladder with all our stuff, from the second floor through a hatch, out onto the roof. We taped the box that would hold the swarm. Lying on our bellies, we held the box beneath the swarm as it clung to the underside of a small overhang at the top of the wall. I held one side; Freddie held the other while he swept the bees into the box. The swarm probably contained 20,000 bees.

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Meeting Them Halfway ~

Local Beekeepers Combine a Fascinating Hobby with an Altruistic Goal — Helping Bees Survive and Thrive

Continued from page 45

That number is a guess, of course. It appeared to be about twice the size of a three-pound package, about 10,000 bees that one purchases from a supplier.

It all went pretty well until some of the bees took offense at the brushing part. A bunch of them crawled up Freddie's arm. He was wearing black — a bad color for working with bees — and they began to sting. He took off. I scraped a few more bees from the underside of the ledge. It appeared to me that I had the queen in the box, so I taped it shut. I had them. My poor buddy, however, got multiple stings on his arm. He was starting to swell, so I scrambled for my tool bag where I usually have some Benadryl. There was none, so we headed toward Walgreens. On our way back to work, we stopped at the Urgent Care where he was given a steroid shot. The hand and arm were very swollen. By the next afternoon, he was back to normal. I think that he has a bee suit on order. We have caught several swarms together. Usually, we are both in nothing but tee shirts and shorts. The bees tend to be docile and disoriented. They have neither brood nor food to protect. I will continue to wear my jacket and veil. Next time, he will wear protection, too…just in case.

"As I approached my truck, a couple of bees flew past me. They were followed by ten, twenty, a thousand. Pretty soon the parking lot was alive with this swarm. People were running into stores. Some dove quickly into their cars. We simply were in the path of a natural phenomenon as it passed through the parking lot."
– Andy McLaughlin

The 'girls' are now residing happily in my back yard. There is always a chance that the queen was damaged in this process, and a new queen will need to be found, but at this point, it looks like I have a new hive.

Andy, like all the beekeepers I talked with, seems to regard bees as a part of his family. But none of them are as immersed in the daily lives of bees, or rely on them to the degree that Paul Bantle and Annie Elder of the Community Farm of Ann Arbor do. Paul and Annie founded the biodynamic farm 25 years ago. Besides raising a large variety of herbs and vegetables for their nearly two hundred member families, Paul and Annie keep bees and sell their honey, and make healing salves and candles out of their wax. The two of them have long studied, lived, and championed sustainable lifestyles, for humans and the rest of the natural world, and are two of the most respected members of our area's holistic community. (Paul and Annie were featured in our cover story on Community Supported Agriculture in Issue #42, May thru August 2009, of the *Crazy Wisdom Journal*, available on our website's archive at: http://www.crazywisdom.net/cw-community-journal.html)

I talked with Paul on the last of May, an overcast, windy, blustery early evening. We sat in the farm's long, triangular shaped greenhouse, a propane heater between us, surrounded by countless flats filled with cucurbit seedlings, cantaloupe, watermelon, and cucumber, waiting to be planted in the fields when the weather warmed. From the greenhouse we could see the farm's 10 beehives, and our conversation was periodically punctuated by the crowing of a rooster from the nearby chicken coop.

Paul has a ruddy, weather beaten face, and when he takes off his ever-present baseball cap, you can see the farmer's tan line on his forehead. He has a direct, open gaze and a ready, hearty laugh. He speaks slowly, with an air of serenity and calmness, but with intensity and passion.

He begins by gesturing at the seedlings on the greenhouse shelves and says, "The bees love the blossoms of all of these, and, of course, the fruits. Bees can multiple pollinate fruits, so they'll return to the blossom over and over again, different bees, and that increases the fertility in that fruit and it can make a fuller, richer fruit by more visits from the bees."

A local beekeeper named John Ochs had kept hives at the Community Farm for a number of years, but, about 10 years ago, Paul and Annie met Gunther Hauk, a fellow biodynamic farmer and preeminent beekeeper. They invited him to their farm to give an introduction to beekeeping, and eventually they began keeping bees, too.

Paul talked enthusiastically and at length about what they've learned about bees and their role on their farm, touching on Rudolf Steiner's insights about the amazing life cycle of bees and the interconnectedness of the whole farm organism. I was particularly struck by Paul's ability to constantly view their bees, and his own interactions with them, from a higher perspective. I was also struck by his humility and willingness to examine his own actions in working with the bees, even when encountering serious adversity in his beekeeping. He began:

It's great to have bees as part of your farm organism. A lot of people look at it strictly from the perspective of pollination, so they can have fuller, richer fruits and have more of them because more blossoms get touched and pollinated. And with John, the earlier beekeeper, we recognized an increase in productivity on the farm, but in biodynamic farming, there is a whole other level of interest in the bees, and that has to do with making your farm organism more full.

Biodynamic agriculture would really pre-date the word organic even, and both of them have historical roots that go back hundreds of years. The word organ literally refers to the organs of the farm body and that's what makes it organic and whole. So in BD agriculture, when you're searching for a whole organism, you're looking for, what do the cows, as an organ, bring into the being? What can the bees sort of ray in from the cosmos, and mediate with the earthly realm and the humans? And on and on it goes; what role do the chickens have, what role do the humans have?

Then you have this sheath around the earth, and out of it emerges this incredible array of plant life that's just covering the earth and is mediating between the heavens and the earth also. (Paul laughs with wonder.) So just trying to start to appreciate the inner connectedness between all these beings, and the unity of life, is wonderful, and, of course, the bees are fantastic.

Let's start with the swarm. What happens is that the bee colony, through communication that's very fine — and we don't really totally understand this — the queen and the workers communicate

with each other and come to the resolution that they need to divide. The queen is laying many, many thousands of eggs in the cells, and at some point when they've decided that they need to swarm, the workers will build special cells that are queen cells. They're peanut shaped cells, different from the cells that a worker or a drone is born out of. Those peanut shaped cells hang from the bottom of a frame, and they'll either put an egg in there or the queen will lay an egg in there. Then they feed it special food and they rear it in that special peanut shaped cell and it ages for 16 days and then it hatches out, and that's a newborn queen. It can either happen that they start to hatch out, or they haven't yet, and the mother queen of that hive exits the hive with about two thirds of the nucleus of bees.

"…The bee colony, through communication that's very fine — and we don't really totally understand this — the queen and the workers communicate with each other and come to the resolution that they need to divide."
– Paul Bantle

A lot of times it's that the hive is becoming quite dense in population; the weather is getting warm, the nectar is flowing, the conditions are good for this body of bees to divide and perpetuate itself. In Steiner's presentation, this is a process of reincarnation. So, it's a necessary process in which the group soul of these bees is being nourished in moving on and perpetuating its life form at the same time. And so the queen will leave. She has to shrink, she can't carry all the weight. She's quite big when she's in the hive and she's laying, but she is able to shrink and lower her weight and then she can fly. She'll exit the hive with two thirds of these bees. Usually they'll land somewhere first, in a cluster, and scouts will go out and look for a new living site. The third of the remaining colony are there to nurture the newborn queen that emerges from those cells — only one of which will remain viable in the hive. They'll figure out. (Paul smiles.)

If more than one of the newborn queens emerge, they'll reconcile who is going to go on with that group. Then she has to do a maiden flight, because she's not fertile. She's born infertile, leaves the hive and goes way, way, way up into the heavens; she's flying towards the sun. And the drones will go after her. I've heard old beekeepers, even local beekeepers, talk about when there'd be so many wild hives around that the drones would come from all over and you could see a cone of drones following this maiden queen. You can imagine the amount of diversity in that breeding process. Nowadays you don't have that. Now your drones are all coming from the hives in your apiary.

I've never seen a maiden flight. I've seen many swarms over the years, and have caught many swarms. This year we've caught three swarms already. A lot of times I'll know that a hive is about to swarm; it's imminent, just from paying attention to the hives over the weeks. For one thing, you can see these swarm cells. They're very distinctive and they hang from the bottom of the frames. Also sometimes you get a sense of the temperament of the hive, and then you just try to pay attention in the morning and afternoon, not right at noon so much. It seems like a lot of them will swarm in the morning, around 10, 11 o'clock and then again in the afternoon, 2, 3 o'clock or so. Because we're on the farm here, we'll often hear them. We'll be out in the field and we'll hear them swarm. And then we can catch them. They're pretty easy to catch.

"I've heard old beekeepers, even local beekeepers, talk about when there'd be so many wild hives around that the drones would come from all over and you could see a cone of drones following this maiden queen."
– Paul Bantle

After her maiden flight, the new queen goes right back into that same hive. She's been multiply inseminated, fertilized, and she starts laying. That's her only flight, until sometime down the line when she might also swarm. It used to be that these queens could live five, six years — who knows, way back when — I'm just talking about modern day lore I hear. They would have enough eggs for five years. These hives can grow to 60,000 bees in the heart of the summer, when the nectar is really flowing. She has to renew that kind of population, on a yearly basis, for five years.

And she can lay at a phenomenal rate per day. It's all this intimacy between the workers going out into the environment and sensing what's happening there in terms of availability of nectar and pollen and warmth, and coming home and letting her know, such that she knows, well, now I need to up my laying. Or, now I shouldn't because it's too early in the year and it's cold and I don't have a strong enough population to keep that brood at the warmth it needs to be at, to birth. What we know, I believe, as with so many things, [is that] the unseen is so much more vast.

Steiner, he penetrated into so many things. The guy clearly was extraordinary in being able to see into things. I think one thing he clearly saw about the bees, just like he did with agriculture, is our materialistic tendency. We actually brought the bee into being, humans did. We took the fig wasp, I don't even know how far back, and we played with it such that it evolved into what we have now, the modern day bee, just like we've got a cow now that isn't what the cow was then.

So we built this relationship we have with these creatures. And in our recent evolution, we've gotten increasingly manipulative and more demanding. In a spiritual sense, of course, we're all trying to overcome our primal tendencies of greed and selfishness and evolve as a creature. And so I'm starting to understand now what Steiner was showing us — and what all the mystics show us, basically — that we've got to figure out how to live in balance with these creatures, and give as much or, probably, I think, what it's going to boil down to is, more than we get.

We've flipped that equation around, and it's very obvious that since the early 1900s, we've been trying to get way more from these creatures than we give them. A lot of our practices have unfolded to accomplish that end. And I don't mean to imply that people are just outlandishly mean or selfish towards the bees. It's very subtle how it takes over in us. I could even see it in me, in just these 10 years, and I've had to challenge myself and change certain tendencies so that I don't think of the bees in terms of how much honey am I going to end up with, and how much wax am I going to get. I still want honey and I still want wax, but I don't want it at the expense of the bees' overall welfare.

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Meeting Them Halfway ~

Local Beekeepers Combine a Fascinating Hobby with an Altruistic Goal — Helping Bees Survive and Thrive

"It used to be that these queens could live five, six years… They would have enough eggs for five years. These hives can grow to 60,000 bees in the heart of the summer, when the nectar is really flowing. She has to renew that kind of population, on a yearly basis, for five years."
– Paul Bantle

"I've found by not having protective gear, I started to move a lot slower, and I started to pay attention to when it was appropriate to enter their hives, and when they were telling me, 'Hey, you don't belong here."

Continued from page 47

I'll give you a concrete example. This insight into the swarming — that it is in a spiritual sense a process of reincarnation — it becomes imperative that a beekeeper gets a sense of that and supports that activity. It's not even an activity; it's the bees' birthright, to evolve and to reincarnate. So, to develop practices that prevent swarming is going to ultimately lead us into a predicament. But, in fact, in conventional and industrialized beekeeping that's a major practice. And there's a good reason for it, because as soon as a hive swarms, two thirds of those bees leave. They go and establish a whole new home, draw out all their foundation where they store their wares for the winter. They're gone if you don't catch them, and you're left with the third of the bees, and they need to jump start themselves again because it takes 21 days from the time an egg's laid until a worker hatches. So, there's almost a one-month break from when that mother queen leaves until new brood are coming out. That often will happen in May and June when the nectar is flowing. So, it's a total interruption in the acquisition of honey.

"In Steiner's presentation, this is a process of reincarnation… in which the group soul of these bees is being nourished in moving on and perpetuating its life form at the same time…. This insight into the swarming — that it is in a spiritual sense a process of reincarnation — it becomes imperative that a beekeeper gets a sense of that and supports that activity."
– Paul Bantle

I remind Paul of a conversation we had in December when he told me that last year was his best ever, but that the previous year was very rough. His face becomes somber as he responds:

The year before was tragic, really. You remember me saying earlier that I've had to unlearn certain tendencies in myself. This process of catching these swarms becomes critical to regenerating the overall immune system of the bees and the life of your apiary. That part I was getting well attuned to over a six, seven-year period. I'd been catching many swarms every spring and tracking all the lineages, taking good notes and really paying attention. I had streams of bees that were five years old. This is in a day and age when people get them and they die over winter. I was feeling pretty good about building up some stronger lineages, but then, lo and behold, I got hit by foul brood disorder.

There's a European foul brood and an American foul brood and they've been around for decades. When it first arrived in the States it was very devastating to beekeepers. It just ran through the hives. While the queen lays eggs and the nurse bees take care of the eggs, they cap them and the eggs develop into larva in the caps; they never go to full development. They kind of puddle out; they get soupy inside the cells. I had a premonition of it a couple of years before it hit really hard.

My error, as I look back on it, was that I wasn't changing out my wax enough. It takes 10 times the trips to the blossom to make wax out of their own bodies as it does to put up honey. So wax, their drawn foundation, to most conventional beekeepers becomes infinitely valuable. It's what bees put their eggs into and [where they] store all the food. If you're giving them bare foundation, or no foundation at all, and they always have to work that up, then [they can't produce honey during that time]… Do you see the difference there? Many beekeepers will swear you want that comb…you keep that comb for 20 years if you can. But really it should be changed out every two to three years, so that they're building more comb.

That's an instinctual activity of theirs; it invigorates them as an organism, to build the bones of their body, and makes it nice and fresh and renews it. And also for it to be relatively clean, not to get to that dirtier state. With each passing year, because larvae are developing in there, they leave behind the case that they matured in, and so the comb goes from a real bright beautiful yellow like you see in candles, to darker and darker. It gets dirtier.

Well, I know that I was hedging too much on that. I was between two worlds, knowing of the need to be a little cleaner and also knowing that there was this possibility to leave it just a little bit longer. And I think that created an environment that lowered their overall immune system and made them more vulnerable to foul brood. Foul brood is in the environment, and if they're strong, they resist it.

The typical conventional approach is more allopathic in nature, and some beekeepers treat on a yearly basis with chemicals for foul brood. They're not eliminating it, but they're repressing it. I know of some hives near here that were infected with foul brood, so if those hives had a high infection rate, the bees do cross over, and so it could have come in from a few different vehicles. But foundationally speaking, I recognized in my own practices a need for improvement and a need to overcome a tendency to want to provide them with too much. So I'm getting into a rhythm of being cleaner and changing better, just like the bedding for the cows.

As a consequence of this disease, all but one hive was wiped out, all these lineages that I had caught as swarms, and that had felt real strong to me. It was one of these rainy springs; it just kept raining, so they didn't have the warmth, they didn't have the sun, and they didn't have the nectar flows. Everything was just right for this to occur. The one hive that made it through the winter was one of the hives that swarmed and probably interrupted a cycle of something that was going on, and got invigorated by this process of

"I'm starting to understand now what Steiner was showing us — and what all the mystics show us, basically — that we've got to figure out how to live in balance with these creatures, and give as much or…more than we get."

Continued on page 50

Meeting Them Halfway ~

Local Beekeepers Combine a Fascinating Hobby with an Altruistic Goal — Helping Bees Survive and Thrive

"I still want honey and I still want wax, but I don't want it at the expense of the bees' overall welfare."
– Paul Bantle

"As a consequence of this disease, all but one hive was wiped out, all these lineages that I had caught as swarms."

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reincarnation and had some kind of aptitude to deal with it. I have that hive still going. That's a hive from '05, so that's seven years old now, and she's really strong and she's going crazy this year. She's really just hugely populated like I've never seen before.

But all the other equipment we had to clean. I had to boil it in a lye bath, in a big vat. We had to take all the wax out of all the frames, more than a thousand frames, and over a hundred boxes, just a phenomenal number of pieces that had to be taken apart and boiled in this lye bath. I rented a propane roofer's torch and torched the insides of the boxes, so that all the propolis that's stored there, and all the wax remnants, would all boil and kill these microorganisms that cause the foul brood. It took us two weeks, and a bunch of people pitched in, and we got it all cleaned up, rendered all the wax, and then last year we got going again.

We had to get shipped bees. I didn't know any other way to do it. And they came into this clean, spic and span equipment, and everything about last year's spring and then going into summer and the fall seemed to provide just what they needed. They built these majestic combs, and brought in nectar and pollen. Every hive was strong. I leave a lot of honey in them in the winter. I give them two deep supers and a medium super of honey.

What is a super?

A super is a rectangular box, and a stack of them makes a hive. The two bottom ones are the brood chambers, so those are the deeper ones. That's where they're laying the babies and nursing them and where they hatch out. That's where the queen spends most of her time. Those upper boxes are where they're putting all their extra honey up. I'll leave one of those on top of the two deep. Because you don't know what a winter is going to be like here and how long into spring before forage comes out.

I remind Paul that in an in earlier conversation he'd told me that he no longer uses a protective suit when working with the bees.

That's been great. For two years I've been doing that. That was another big shift for me. Gunther doesn't use protective gear, and I saw that, I saw him working with the bees. He's my mentor. I felt I needed it, and he never said a word to me. I don't think anybody should feel — a person should do what makes them feel comfortable and calm, because the bees know that, they sense that. That was my approach for the first number of years, to use protective gear.

But, it does insulate you from them in the sense that you don't have to put up so much with their experience of life while you're in their home. You're in their womb, and you're monkeying around in there. And the gloves are kind of thick and clunky, and you can inadvertently smash bees. And bees — I've found this now with cows, and I've read it about elephants, and I've seen it with the bees. They tend their dead just like humans do. They go to them and they have feelings about the loss. So, when you inadvertently kill a bee, the other bees get very upset about that. It can agitate the whole hive, and definitely send some number of the bees toward you.

So, I've found by not having protective gear, I started to move a lot slower, and I started to pay attention to when it was appropriate to enter their hives, and when they were telling me, 'Hey, you don't belong here.' Because it's overcast, it's not sunny, they're not out gathering, they're all in there. It's denser. If they've lost a queen, if they're not queen right, you can tell right away. There's a calmness about a hive that's settled with their queen. So there's all these circumstances that you start to pay more attention to, and you develop an intimacy and just slow down. I'm way slower, because with all this protective gear you can bump things and that vibration goes through the hive and it agitates them. You can get dumb about it. Not in a bad kind of way, but the nicest expression of what dumb is.

"Steiner foresaw that we were going to progressively manipulate bees more and more to meet our ends at the expense of their need to live their spiritual impulse on the earth. I know people are paying more and more attention. It matters in that it is opening our consciousness to what is going on that is causing wholesale oppression in the environment, and of our fellow beings, and other humans."
– Paul Bantle

We laugh and I suggest the word "dull."

Dull, thank you. You get dull. So, whether you use protective gear or not, you need to cultivate the proper mental state about what you're doing with them, a reverence and a respect.

Steiner foresaw that we were going to progressively manipulate bees more and more to meet our ends at the expense of their need to live their spiritual impulse on the earth. I know people are paying more and more attention. It matters in that it is opening our consciousness to what is going on that is causing wholesale oppression in the environment, and of our fellow beings, and other humans.

Because the bees are so in touch with their forage, they take you into the whole plant world; to follow their rhythms, both their daily rhythms and their seasonal rhythms, in relation to the plant world and the rains and all the changing climate; it's amazing. You end up looking at what flower are they on at this time of the day, during this month, and then next month it's all totally different. In the morning it's these blossoms, and midday it's those blossoms, and all the different colors, and they're out gathering the diversity of pollen, and you start to realize they are touching everything. You can't tell, but they're all over, in all these different plants, but there's also a cloud of them, there's got to be like a sheath of bees above us.

We have 10 hives, with 60,000 bees in each; that's 600,000 bees. Not all of them are out at the same time, but they're all going out. There's a form of communication there that's happening that we don't really totally grasp.

In other words, we have a lot to learn here if we want to speak this language, if we truly want to be a part of this dialogue.

And that's just that one insect. Oh man…(Paul starts laughing) this is way more complex than we're giving it credit. Yeah.

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Rudolf Steiner's Vision in Practice in Ann Arbor ~ A Look at the Anthroposophical Society and One of its Leaders, Marian León

By Rachel Urist
Photos By Joni Strickfaden

Walking east along Geddes, past Forest Hill Cemetery and the Geddes entrance to the arboretum, one passes a graceful brick house between East and West Ridgeway. The house sits behind a carefully groomed, semi-circular garden. A curious sign sits over the front door: The Anthroposophical Society. What is this barely pronounceable name? If one is acquainted with Rudolf Steiner, the early 20th century philosopher, it may help to know that the building is also called the Rudolf Steiner house. His philosophy, "anthroposophy," is named for *Anthropos*, Greek for human being, and *Sophia,* wisdom. Altogether, it is "wisdom of the human being" or the wisdom that knows what it means to be human. This stands in contrast to theosophy, the study of divine wisdom, a popular movement in his day. Steiner developed his philosophy by lecturing at the Theosophical Society, where he was a leading member until he broke from the group. He founded the Anthroposophical Society in Vienna in 1923. Today there are branches around the world.

> According to Margaret Runyon, Marian León's "maternal fortitude" allows her "to maintain focus and equanimity, bringing order to whatever degree of chaos might be unfolding around her."

The house at 1923 Geddes (a numerical coincidence?) in Ann Arbor is the American national headquarters for the Society. It is the site of conferences, art exhibitions, concerts, meetings, lectures, and conclaves. It also serves as a hub of information for the group's activities. Overseeing its programs is Marian León, Director of Administration and Member Services. Honey-haired, unpretentious, with blue eyes that sparkle, Marian is a former dancer and musician, who earned both her B.A. and M.A. at the University of Michigan School of Music. She played clarinet. She was in the music school's most élite orchestras, and upon graduation, was offered a position with the Omaha Symphony.

According to her colleagues, Marian's classical music training helps explain her uncanny knack for reaching consensus among the "passionate and sometimes cantankerous" members of the Society. Dennis Dietzel, of Minneapolis, describes the Society's membership as "challenging," with "conflicting interests and personalities." He says that Marian is able "to bring us all together with her wisdom and humor, averting potential catastrophes with warmth and professionalism." Other colleagues confirm that assertion. According to Margaret Runyon, of New Orleans, "Marian's innate sense of harmony allows her to tune in to individuals and situations to create consonant synergy"; her "maternal fortitude" allows her "to maintain focus and equanimity, bringing order to whatever degree of chaos might be unfolding around her." Ann Arbor's Margot Amrine, whose husband, Professor Frederick Amrine, is an expert on anthoposophy, says simply: "The Society is blessed to have her!" The Amrine children played with the León brood, and Margot sees parallels between Marian's administrative and mothering skills. She says: "Marian made her children's childhoods imaginative, creative, and fun." She adds: "Marian is one of those very rare people who has vision and can see the big picture, but is very detail-oriented." Amrine and her husband are among several who note that many anthroposophists discovered anthroposophy through their children, as Marian did. Waldorf schools, also known as Steiner schools, draw students and families from all walks of life.

Marian's six children now range in age from 16-30. When her first-born was ready for preschool, a friend rhapsodized about the Waldorf preschool that her daughter attended. The young mothers shared much, including a midwife, and their children were playmates. Both mothers had read and re-read the book *Special Delivery* by Rahima Baldwin. Baldwin turned out to be the Waldorf preschool teacher. Yet Marian worried when she learned that the school had a spiritual component. She was, at the time, a serious student of Sufism. Would the Waldorf school's spiritual notions conflict with the spiritual beliefs of her family? She called the teacher to ask. "Rahima was as interested in Sufism as I was in Waldorf," says Marian, "and a life-long friendship was born." Baldwin also became Marian's midwife for her last three pregnancies.

Fast forward 16 years, to when Marian's sixth child was ready for preschool. To help pay for this last Waldorf tuition, Marian began working for the Anthroposophical Society, doing data entry for 12 hours a week. Her responsibilities grew, and six years later, in 2006, she became Administrative Director.

Marian explains that the Waldorf schools' pedagogical principles involve a partnership between the child, the parent(s), and the teacher.

> Waldorf education is based on a particular view of child development, and parents agree to try and create a home life that supports this developmental picture. As I learned more about Waldorf's approach to early childhood development, and experienced the benefits it brought to our home life as well as their education, I began to study anthroposophy.

The Waldorf philosophy is premised on the conviction that everyone has gifts that can benefit others, and that people learn by doing. Steiner was a strong proponent

of children's play, which, he said, stimulates curiosity and investigation — the precursors to scientific inquiry. Likewise, children's bodies must be allowed freedom of movement. Steiner and his wife developed a dance form called "eurythmy," a physical art of flowing movement that combines grace, rhythm, energy, and harmony. Many Waldorf schools encourage this art. Academically, children master a subject by examining it and then writing their own books on it. Teachers "loop" with the child; that is, a teacher remains with her class from kindergarten through eighth grade. Steiner believed that the teacher essentially becomes a renaissance person through this process, learning along with students in order to guide them through increasingly complex material. A great deal of learning goes on outdoors, and most Waldorf schools have gardens in which students practice "biodynamic agriculture," another Steiner invention and a precursor to today's eco-friendly initiatives. Students also build structures, negotiate business arrangements, and apply a variety of anthroposophical principles to life and work.

> [Rudolph Steiner] believed that every human being has something to contribute, and that development of the self contributed to the evolution of the world… These anthroposophical principles are the foundation for the Camphill Movement, tailored to people with special needs. In Camphill communities, people live, learn, and work together in an environment of mutual care and respect. There are now more than 100 Camphill communities in 22 countries.

Marian explains this and much more as she shows me the building, a handsome landmark 10 minutes' walk from University of Michigan's central campus. The garden blooms from early spring through late fall, with poppies, ferns, peonies, roses, irises, lilies, rhododendron, and a host of other plants. Originally, the house was a fraternity for U-M students, so there is an industrial kitchen in the basement. The second floor has bedrooms on either side of a long, narrow hall. These rooms accommodate guests for symposia and other such gatherings. Overlooking the hall is an expressionistically painted eurythmy dancer in flowing robes. The main floor has offices, a library, and a long, large lecture hall with a grand piano. The room doubles as a concert hall. Along the sides, sculpted arches frame tall, rectangular windows. The front wall has a fireplace, over which hangs a portrait of Rudolf Steiner. In the building's frat days, a moose head was mounted there. Marian points out the sponge-painted walls throughout the house, in variegated shades of blue and peach. Her roomy office has large windows, a long desk, two walls of books, and family photos. One in particular captures my attention. It is a photo of Marian surrounded by her six children. It evokes the storyteller dolls of the Pueblo people. I admire it, and she shows me another photo — on the cover of another book by her friend, Rahima Baldwin, *You Are Your Child's First Teacher.*

Suddenly self-conscious, she redirects my attention to the glass enclosed model of the Goetheanum, the structure that Steiner designed and built in Dornach, Switzerland (near Basel). Its curvilinear architecture presages Frank Gehry. Created as a cultural center, it hosts lectures, concerts, classes, art exhibitions, and theatrical events, including Steiner's marathon dramas. In 1938, both parts of Goethe's *Faust* premiered there. The original Goetheanum burnt to the ground in 1922, three years after it was completed. The concrete replacement, also designed by Steiner, is the world headquarters for the movement. Marian tells me that the Anthroposophical Society now has chapters in 83 countries, and schools in 53.

Rudolf Steiner's vision included educational, economic, agricultural, financial, medical, and social reforms. The Waldorf schools, which are based on his pedagogical ideas, represent the most well-known elements of his philosophy. The name, Waldorf, comes from the Waldorf-Astoria Cigarette Factory in Stuttgart, where

> Marian is a strong believer in karma, as was Steiner, who probed the wisdom of ancient religions, scientific inquiry, intuition, perception, inspiration, imagination — and paranormal experiences — to develop his philosophy.

> Many anthroposophists discovered anthroposophy through their children, as Marian did. Waldorf schools, also known as Steiner schools, draw students and families from all walks of life.

Steiner gave a lecture to the workers. Afterward, the factory owner, Emil Molt, asked Steiner to help create a school for the workers' children. That first Waldorf school opened in 1919. Today, there are more than 900 Waldorf schools and 1,600 early childhood programs on six continents.

I try to steer conversation back to Marian, but she prefers to talk of the Society. Our conversation teeters between the personal and philosophical. I remind her of our first encounter 35 years ago, when she worked at WUOM on State Street. She was tall and willowy, with long, flaming red hair, a twinkle in her eye, and a gracious mien. She looked like the dancer she was in those days. She recalls our time together and smiles, relaxing. She begins with talk of her children.

She glows with gratitude when speaking of them, marveling at how much they have taught her. All of her children were born at home, and she sometimes seems surprised to find herself the mother of six. She had planned a career in music. Children were not in the picture. Growing up, she was passionate about dance and clarinet. Every Sunday, from age 12, Marian played duets with "Grandpa Johnson," her elderly neighbor who became Marian's surrogate grandfather. Marian's real grandparents died when she was little, and the Johnsons had been close family friends for several generations. They welcomed Marian into their lives. Grandpa Johnson bought Marian her first good clarinet. He also arranged for her to study with Keith Stein, a music faculty member at Michigan State. She traveled there twice a month for three years to study with him. "It was really exciting to be able to drive myself to East Lansing once I got my driver's license! I would have an early morning clarinet lesson, spend some time on campus, and then drive into Lansing to study ballet with Virginia Simmons. I loved it!"

Marian smiles, contemplating those days. She recalls her childhood in Merrill, Michigan, where she grew up the youngest of four. The town was the hub of her extended family, both paternal and maternal. Some family members are still there. "As a child, I was surrounded by aunts and uncles, and lots of cousins." Marian's father was one of six children, her mother one of three. "Every Sunday we went to my grandparents' home for a huge Sunday dinner." Marian is pleased that her children have equally rich memories of Sunday dinners, here in Ann Arbor, at the home of their paternal grandmother, who also had six children.

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Rudolf Steiner's Vision in Practice in Ann Arbor

Continued from page 53

Marian's father was born in Belgium, to Flemish-speaking parents. During the Second World War, when he was six years old, the family moved to Michigan's Saginaw Valley. They had difficulty learning English, and life was hard. He left school after eighth grade. Marian's mother, an aspiring writer, planned to go to college. Reminiscing about her mother, Marian says:

When Marian encountered Steiner's ideas, she discovered that his vision complemented the Sufi vision she had studied. As she puts it: "I was drawn to Steiner's emphasis on manifesting one's inner work in one's practical work in the world. One doesn't 'work on oneself' only for oneself, but for the betterment of the whole human condition — social forms, earth healing, etc."

> She received a scholarship to attend a small college to study English and writing — quite unheard of in her day! She declined the opportunity in order to stay home and nurse her mother, who was dying of cancer.... My mother was quite impressive.... She was the librarian for the local library. This started as a very part-time job, and she developed it into a well respected institution. My mother was instrumental in creating the White Pine District — one of the first district libraries in the state. She realized that all of the little village libraries were duplicating efforts, and wouldn't it be better for everyone — especially the school children — if they could share their collections.... It was a very big deal at the time.

The apple didn't fall far from the tree.

Asked what life was like with six children, Marian says:

> If you were to speak with my children, they would tell you that at times it was crazy! But it was worth it. As young adults, they are very close, and I like to think that because they lived in such close quarters growing up, they have a sense of patience and respect for the people they interact with in their lives.... We had family dinners every night, and it wasn't until I was at a teacher's conference with my fourth child that I realized this was something unusual. The teacher asked if we ate dinner together.

When I replied yes, she said she could tell because my child was able to listen to his classmates and converse with them in a way that was becoming uncommon. Imagine, something as simple as having dinner together could influence one's social interactions! Of course, this was not always simple when we had to balance high school schedules with the needs of younger children. When everyone was still living at home, we had piano lessons, guitar lessons, two girls in dance, drum lessons, paper route, lacrosse, boy choir, youth chorale — and school for six kids! Oh, don't forget soccer. Sara [the youngest] did not get to study an instrument, which she still regrets! I couldn't take on another thing at the time. Time is an interesting phenomenon. I can remember, especially with babies, that some days lasted forever. And yet, as I reflect back, the whole period of intense parenting went by in a flash. Some days were hard, but more often they were very fulfilling.

People who work with Marian hold her in high esteem. San Francisco based John Beck, the Society's Director of Communications and Editor of *Being Human*, says, "I couldn't do my job without Marian's overall guidance, good organization, and good will." Professor Frederick Amrine, who greatly admires Marian, describes her as "a spiritual seeker."

Marian's interest in Sufism, which included study with a Sufi shaykh, lasted for 20 years. Sufism is a mystical branch of Islam, dealing with metaphysics and the idea of unity with God. When Marian encountered Steiner's ideas, she discovered that his vision complemented the Sufi vision she had studied. As she puts it: "I was drawn to Steiner's emphasis on manifesting one's inner work in one's practical work in the world. One doesn't 'work on oneself' only for oneself, but for the betterment of the whole human condition — social forms, earth healing, etc."

Marian is a strong believer in karma, as was Steiner, who probed the wisdom of

ancient religions, scientific inquiry, intuition, perception, inspiration, imagination — and paranormal experiences — to develop his philosophy. When Steiner was nine, he had a vision that his aunt was calling to him for help. She had just died, though no one yet knew. Marian has similar stories. She has had the profound sense that she recognized people upon first meeting them, as though she knew them in a former life.

The story of Marian's last childbirth experience is also a bit surreal. She was at home, cooking dinner for her children, when the doorbell rang. It was an unexpected visitor: her midwife. "I was in a meeting," the midwife said, "and had a flash that you needed me, so I came. Are you okay?" Marian laughed, said something about Braxton-Hicks (false labor contractions), and invited her in for tea. As Marian stood at the stove, the midwife suddenly said: "You just had another contraction. I saw it. Come with me to the bedroom; let's check this out." Marian was eight centimeters dilated. The baby was born within the hour. Marian's eyes twinkle with amusement. "If the midwife hadn't come that day, I don't know what I'd have done. It was just me and the little ones at home."
I mention the famous quotation from *Hamlet*: "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy." Marian nods and chuckles. She offers another story. During a family trip from Ann Arbor to Fenton, with all six kids piled in the van, the old vehicle lost power. They stayed on the highway, chugging along at 30 m.p.h., until finally, the van gave out — in their friends' driveway!

Contemplating her personal journey, she says:

> In the 70's women were finding their identities beyond the scope of wife and mother. And here I was, doing just the opposite. I remember freaking out one day when my eldest was three months old, when I realized that I would be a mother *forever*! What does it mean to be a mother? What kind of mother did I want to be? Who are these children who have come into my life? I found myself in this strange role of wife and mother, completely supported by a husband, and I needed to find a way to make sense of this. I came to the decision that motherhood would be my path of self-development. Children are mirrors, especially young children. They are excellent at reflecting ourselves back at us, if we are willing to look! I think by choosing motherhood as my "path," it gave me permission to learn how to become a parent. It taught me that I wasn't doing this alone; there are spiritual guides along the way. And it gave me a long perspective. Motherhood is my spiritual path.

Marian felt the stigma of her choice to stay home and raise children. While "stay-at-home moms" were now said to "work in the home," the linguistic sleights of hand carried little weight. The new vocabulary felt pejorative — even though Marian worked outside the home, however part-time. She helped her friend, Rahima, organize conferences on Waldorf education. The first was a parenting conference called "Magical Years." (The name evokes Selma Freiberg's *The Magic Years*¸ written in the 70's. It was a popular, ground-breaking, and influential book on early childhood development.) A second conference was on homeschooling based on Waldorf methods. When Rahima moved away, Marian convinced the Anthroposophical Society to continue the conferences. Thus was born the "Creative Human Spirit" series, which lasted until 2000 — when Marian began work at the Society.

> "Time is an interesting phenomenon. I can remember, especially with babies, that some days lasted forever. And yet, as I reflect back, the whole period of intense parenting went by in a flash. Some days were hard, but more often they were very fulfilling."
>
> – Marian León

Marian speaks knowledgeably and readily about Steiner's work. She notes that more than a century ago, he warned that humankind was depleting the earth's resources. Many of his initiatives, including community supported agriculture (CSA) and women's suffrage, which he promoted in 1895, were ahead of their time. He believed that every human being has something to contribute, and that development of the self contributed to the evolution of the world. For him, the words "creature," "creation," and "creator" were related in more than linguistic ways. Steiner believed that God gave humankind the wisdom to continue the work of creation. (In German, the root for all three words is *schöpf*). As a philosopher, he dealt in triads: soul, spirit, body; creation, history, salvation; *Liberté, Egalité, Fraternité.* By distilling the French Revolution's notion of *fraternité* through Karl Marx, Steiner combined brotherhood with altruism in the communal arrangements he promoted.

Marian hands me copies of the first two issues of *Being Human*, a quarterly publication launched last year by the Society. It features articles, book reviews, profiles, and calendar listings. For the first issue, the Society commissioned

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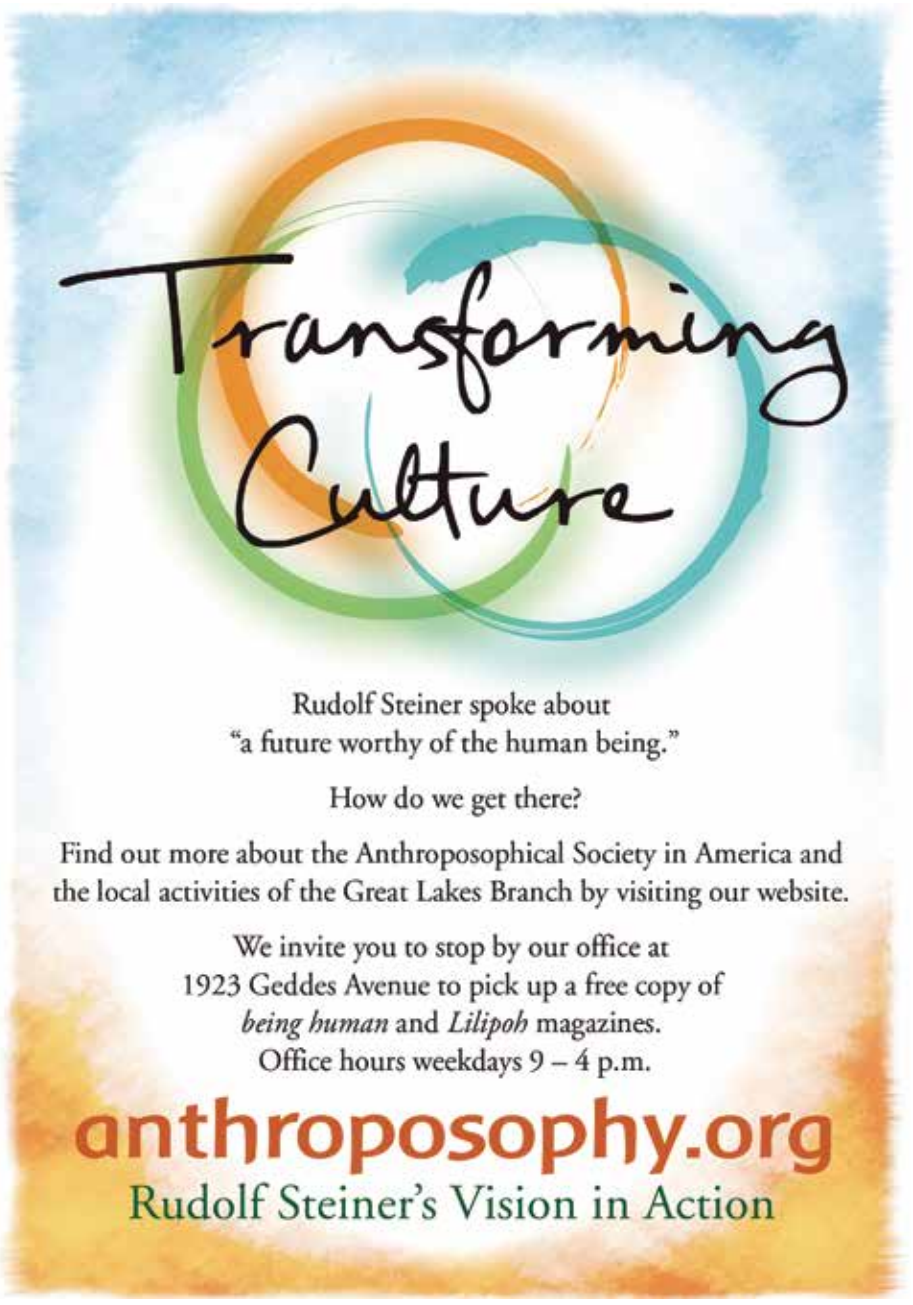
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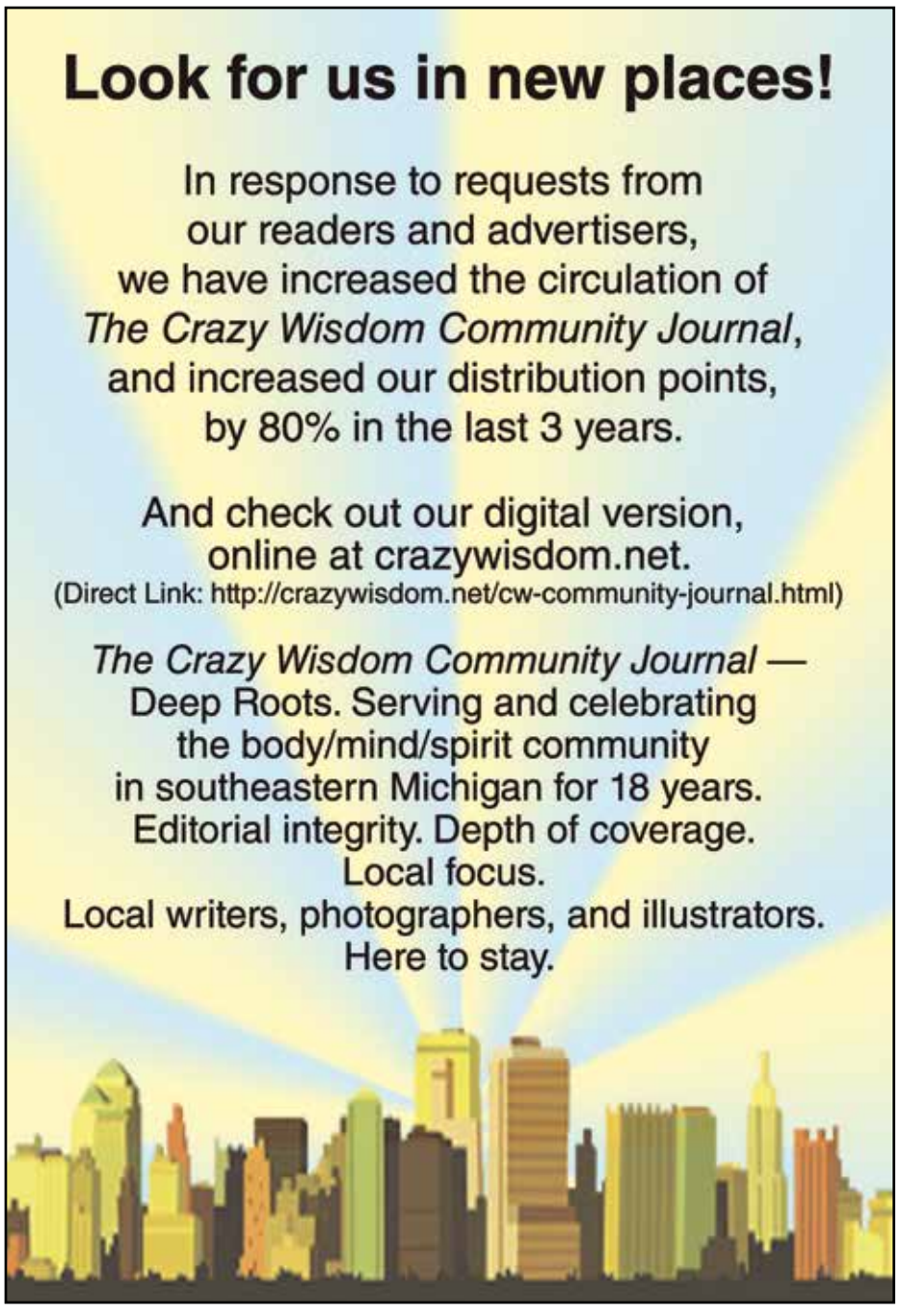
Rudolf Steiner's Vision in Action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Rudolf Steiner's Vision in Practice in Ann Arbor

Continued from page 55

Professor Frederick Amrine to write an overview of Steiner's philosophy. It is lucid and scholarly. Amrine notes that Steiner was an educator, artist, philosopher, public intellectual, theologian, historian, cultural critic, and spiritual teacher, but "none of these labels begins to capture the scope and spirit of his work." Like most anthroposophists, Amrine deems Steiner a seminal thinker. But Amrine is well aware that such hyperbole elicits skepticism. "If Rudolf Steiner was really such a genius," Amrine asks, pre-empting the skeptics, "how can he remain widely unknown nearly a century after his death?" Amrine answers:

> It has happened before. Aristotle was lost to the West for a millennium. The Catholic Church placed Thomas Aquinas on its Index of proscribed writings. By the early nineteenth century, J. S. Bach's greatness needed to be rediscovered. Van Gogh sold one painting during his lifetime. In retrospect, we wonder how such neglect can have happened. Yet it did. And in the same way, future generations will wonder at us.

> "I came to the decision that motherhood would be my path of self-development. Children are mirrors, especially young children. They are excellent at reflecting ourselves back at us, if we are willing to look!"
>
> – Marian León

Amrine is well versed in Steiner's work. He can trace Steiner's vision from the early days, when he called his philosophy a "spiritual science," to later applications of his ideas. It is notable that Steiner's writings fill 400 volumes. It is also noteworthy that Steiner's academic training was broad. In 1879, when he was 18, Steiner enrolled at the Vienna Institute of Technology, where he studied mathematics, physics, chemistry, botany, biology, literature, and philosophy. At age 21, he was named Natural Science Editor of the new edition-in-progress of Goethe's works. The task took six years. For Steiner, the project was transformative. Goethe is best

remembered today for his literary achievements, most notably *The Sorrows of Young Werther* (1775), a novel, and *Faust* (1806), a play. But in his day, Goethe was revered for his several, simultaneous careers as poet, philosopher, scientist, politician, and artist. He was known for his wit, and many of his epigrams became household phrases. Among them:

> Correction does much, but encouragement does more.
> A useless life is an early death.
> Age merely shows what children we remain.
> As soon as you trust yourself, you will know how to live.
> Common sense is the genius of humanity.

Goethe's belief that one learns by doing was a yeasty infusion to Steiner's developing vision. It complemented Steiner's notion that every human being has gifts to share. These anthroposophical principles are the foundation for the Camphill Movement, tailored to people with special needs. In Camphill communities, people live, learn, and work together in an environment of mutual care and respect. There are now more than 100 Camphill communities in 22 countries. It is an ingenious, practical, and humanitarian application of Steiner's wide-ranging ideas, which continue to benefit people around the globe.

For Marian León's children, the Steiner school may seem like ancient history. But for Marian, their early schooling became, in many respects, her education for life. After 36 years of marriage, she recently weathered the challenge of divorce. When I ask her how she's doing, she smiles sadly and says: "Bad things happen in the best possible ways." I'm puzzled by this mantra and ask about it. Marian herself coined it. She explains it by reminding me of the story of her family's drive to Fenton in the van that broke down after they reached their destination. "Everyone was safe and sound," she points out. "Our friends ended up driving us back to Ann Arbor, so it all ended well. The van still needed to be dealt with, but cars always need to be dealt with."

I ask whether anthroposophy has helped during this difficult period. "Absolutely," she says.

> There are spiritual elements in our lives that we can't fully understand. I believe that things happen for a reason. As long as I have faith in that logic, I can move forward. I believe in karma. That doesn't mean that things will always be good; just that they are meant to be.

Weeks have passed since my first visit to the Anthroposophical Society headquarters, where Marian guided me with such intelligent warmth. By now, I have read enough to recognize that Marian León's initial introduction to anthroposophy was extraordinarily comprehensive. I marvel at the scope of material one must ponder before one begins to grasp the whole of Steiner's philosophy. Marian confesses that "it was a bit overwhelming"; that there was so much to read when she first arrived on staff. But her education began with her children. She ruminates on the subject of time. "Over the years," she says, "I gained a respectful appreciation for this immense worldview that is encompassed within the vision of Rudolf Steiner."

> Steiner was a strong proponent of children's play, which, he said, stimulates curiosity and investigation — the precursors to scientific inquiry.

I compliment her on her achievements. She blushes. "I'm just a mother!" she says, with the self-effacing modesty that belies her talents. Her humility is a theme reiterated by those who know her. Dennis Dietzel notes that it is "typical of Marian to deflect the topic from herself." He adds that she plays a key role in the central office. Margaret Runyon speaks of Marian's "selflessness and invisibility," adding that Marian's great gift is to be able to create an inviting space in which others may meet and work intentionally together. "She is awesome!" From Fair Oaks, California, Leslie Loy writes of her profound respect for Marian, who is Loy's inspiration. "In my eyes, what makes Marian remarkable is that she leads without pretension, with little regard for the title, but with the sense of what is right, what is needed. She works collaboratively. She listens."

The Anthroposophical Society is in a period of transition. According to Marian, an effort is being made to have the various branches of anthroposophy collaborate with one another, rather than remain loosely associated under the philosophy's umbrella. By all accounts, with Marian at the helm, the movement is in good hands.

For more information about the Anthroposophical Society, visit www.anthroposophy.org. Click on the link to the Ann Arbor branch for details about upcoming events, including the 7:30-9:30 p.m. First Tuesdays of the Month Introductory Lecture Series, which runs October through May at the Rudolf Steiner House, 1923 Geddes Avenue in Ann Arbor.

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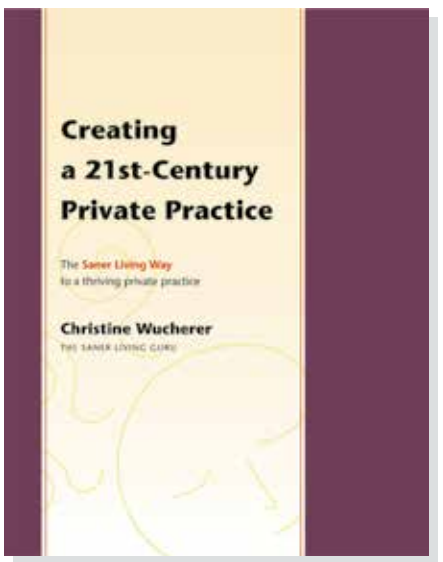

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All Creatures Great and Small

Questions for Patti Radakovich, Founder of Basil's Buddies

The animals come from all different sources. Some animals come from shelters, some are given to us by our vets, and a few come from other rescue groups.

By Maureen McMahon

Patti Radakovich founded the local non-profit Basil's Buddies, an animal welfare organization. For this installment of All Creatures Great and Small*, she spoke to us about her efforts on behalf of animal welfare and how you can get involved.*

Q. Patti, you run an animal welfare organization that cares for hospice and medically-challenged pets. Do you care for these animals in your home, by yourself? Where do these animals come from?

A. Caring for hospice and medically-challenged pets is only one small portion of what we do. Our board members tend to have sympathy for the animals that are often overlooked, which include animals with medical issues, behavioral issues, and seniors, so those are the animals we sometimes target. Our board members and fosters each specialize in something a little different. I have a soft spot for terminally-ill animals, those with unusual chronic medical conditions, and seniors. Our Vice Chairman, Julia Funds, has a soft spot for cats that are seniors, special needs, and particularly those that are shy or semi-feral.

As for the hospice animals at my home, I have had eight in the last two years, which doesn't include my personal pets that had medical issues and became hospice patients.

We have an amazing team of integrative vets and vet techs, led by board member Dr. Lucretia Greear, that helps us care for the animals. While we each do all of the in-home care on our own, we take the animals into the vet as needed, based on their condition and/or treatment. We are also friends with many of the vets and vet techs, so help is only a phone call or text away, even in the late hours and on the weekends — they are wonderful at answering our questions and concerns when an issue pops up unexpectedly.

The animals come from all different sources. Some animals come from shelters, some are given to us by our vets, and a few come from other rescue groups. We occasionally take animals directly from owners, but we prefer to work with the owners and help them get the resources they need so they can keep their pets.

Q. How many pets have you helped so far?

A. We help pets in a variety of ways, so it's difficult to keep exact counts. On the rescue side, we have maybe half a dozen foster homes, though not all are active at once. As for the hospice animals at my home, I have had eight in the last two years, which doesn't include my personal pets that had medical issues and became hospice patients.

In addition to rescue, we run a pet food bank and low-cost vaccine clinic. We do our best to help people keep their pets and these are two of the services we offer to work toward that goal.

Q. What drew you into working with hospice and medically-challenged animals?

A. My first dog, Basil, passed away from cancer unexpectedly at age seven, followed by his brother Sebastian at age nine. Unfortunately, the type of cancer was undetectable until the last day of Basil's life. Even though we couldn't confirm Sebastian had the same cancer, I took preventative measures in an attempt to help avoid the same situation. Considering I also suffer from some chronic conditions, it was a combination of my experience with the dogs and my empathy toward others suffering from unique conditions that led me to work with medically-challenged animals.

I adopted a senior Great Dane/Mastiff mix and found out he had bone cancer when I first got him. I was told he had two weeks to live. Instead of returning him to the rescue, I chose to fight for him.

My first experience with hospice came unexpectedly. I adopted a senior Great Dane/Mastiff mix and found out he had bone cancer when I first got him. I was told he had two weeks to live. Instead of returning him to the rescue, I chose to fight for him; I named him Haldor. I tried all sorts of treatments from conventional to holistic to very non-traditional. As long as he had a good quality of life and we could control the pain, I continued fighting. Sadly, there did come a day when we could no longer control his pain and it was time to let go. I was glad I was able to provide him with a loving home for the last five months of his life.

Q. It sounds like the extent of the treatment you chose for Haldor was significant considering his advanced diagnosis. Since the animals in Basil's Buddies have a hospice diagnosis, is their care less focused on healing to prolong life and more focused on helping animals to be happy, comfortable, and pain-free?

A. When we use the term hospice it's not equivalent to human hospice. We consider hospice care to be for animals that have terminal medical conditions. They could be with us for a few weeks or even a few years. We focus on quality of life, which means that the animal is in a loving environment where it can be happy and pain-free for the rest of its days. Depending on the disease and the age and condition of the animal, we may actually choose treatments to help prolong life if it is determined that's in the animal's best interest. In other situations, we may just provide supportive care. All of our animals are treated with an integrative approach to address their physical, mental, and emotional needs.

Q. You are a Reiki practitioner. Do you administer Reiki to the animals that live with you and have you seen it make a difference?

Reiki is just one holistic tool of many that we use to help relieve stress and provide supportive care.

A. Yes, I use Reiki on the animals in my home, as well as on the animals in our other foster homes as needed. Reiki is just one holistic tool of many that we use to help relieve stress and provide supportive care. We always use Reiki during end of life to help with the animal's transition. In fact, one of my cats, that has since passed, helped in this process, too. We called him the Reiki cat. He would come and lay down next to the animal that was dying and would assist them in their transition by giving them calming energy.

Q. How can our readers who are pet owners differentiate between normal signs of aging and chronic conditions? What are some of the indicators?

A. Animals age differently than people and they are also more stoic than people, so by the time they start to show signs of pain, the condition is usually pretty well advanced. The best advice I can give to readers is to know their animals, in particular their habits and behaviors. Whenever you see changes in your animal's habits and behaviors, it's best to get it checked out by a vet. It's easier to treat a minor problem before it becomes major. Like they say, it's better to be safe than sorry!

Q. How can people support Basil's Buddies or get involved?

In addition to rescue, we run a pet food bank and low-cost vaccine clinic.

A. We always have new projects on the horizon and gladly accept both volunteers and donations. People can go to our website at www.BasilsBuddies.org or find us on Facebook. You can check out our adoptable pets, find out what volunteer opportunities we have available, and can donate online, too.

Patti Radakovich is the founder and chairman of Basil's Buddies, a 501(c)(3) animal welfare organization. She cares for hospice and medically-challenged pets. She is also a Reiki practitioner for pets and a pet communicator. You can reach her at patti@basilsbuddies.org. http://basilsbuddies.org

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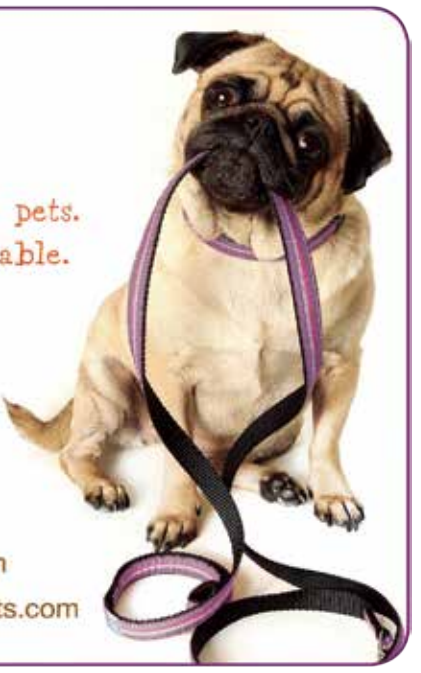
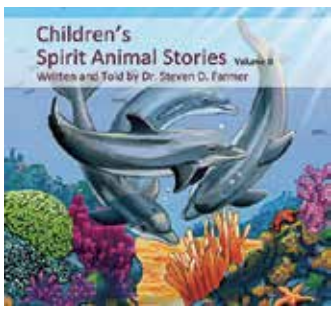


Crazy Wisdom Kids

The Crazy Wisdom Kids Section

Book and Media Reviews – Special Books, Music, and Audio CDs (at Crazy Wisdom in our Children's Section)

By Sarah Newland
(Sidelines Manager at Crazy Wisdom Bookstore and Mother of Two, Ages 7 and 14)



Children's Animal Spirit Stories cd Volume 2
By Dr. Steven Farmer
My son and I have listened to both volumes of these animal tales well over 30 times each, and haven't tired of them yet. The stories depict challenges or difficulties faced by an animal or child and how to overcome them, and they make you feel good. Farmer's voice is delightful to listen to, and each story is ended with beautiful acoustic guitar music. I highly recommend these stories if you listen to audio cds in the car or during a relaxing time at home.
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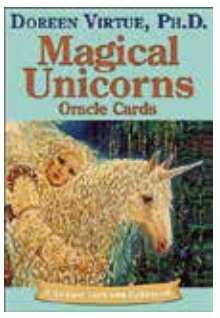
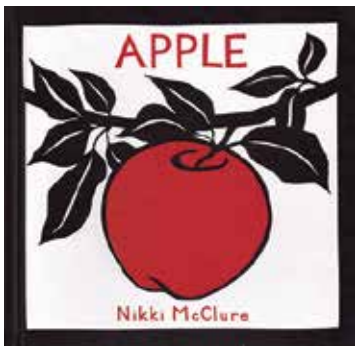


Magical Unicorns Oracle Cards
By Doreen Virtue
With this deck, you can receive messages and guidance related to your present life, your future, and your spiritual path. Suitable for adults and children of all ages, each card features a beautiful unicorn painting and a life-affirming message. The accompanying guidebook allows you to instantly give accurate readings to yourself and others. My daughter has used these cards for years and is always comforted by their messages and inspiration.
$15.95



Apple
By Nikki McClure
Nikki McClure is a self-taught artist in Olympia, Washington known for intricate paper cuts that explore the sustaining joys of nature, community, work, and family. This book for very young children illustrates the journey of an apple, from tree to snack to compost heap to sprout, depicted in McClure's beautifully observed paper cuts. We love McClure's work here at Crazy Wisdom. "Masterful."~Kirkus Reviews and "A rare gift."~Publishers Weekly
$12.95, Abrams Appleseed

Beautiful Gils: Celebrating the Wonders of Your Body
By Christiane Northrup and Kristina Tracy, Illustrated by Aurelie Blanz
For years, Christiane Northrup has taught women about health, wellness, and the miracle of their bodies. Now, in her first children's book, she presents her wonderful wisdom to the youngest of girls. This book presents a simple but important message: that to be born a girl is a very special thing and carries with it magical gifts and powers that must be recognized and nurtured. Through these empowering words and illustrations, little girls will learn how their bodies are perfect just the way they are, the importance of treating themselves with gentle care, and how changes are just a part of growing up.
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Fairy Gardening: Creating Your Own Magical Miniature Garden
By Julie Bawden-Davis and Beverly Turner
You can now begin to make your own enchanted miniature landscapes, complete with pint-sized accessories, diminutive plants, and quaint fairy figures. The authors-gardeners provide you with step-by-step instructions for creating a magical garden that will attract the fairies themselves! Learn how to design, plant, accessorize, and care for your very own small corner of the world by following seven simple steps. Included are full-color photographs of many examples.
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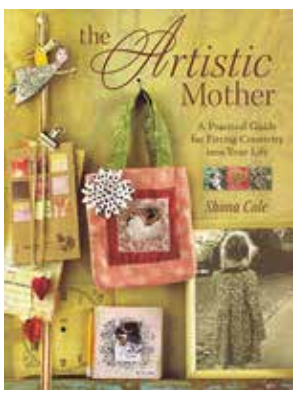


The Artistic Mother: A Practical Guide for Fitting Creativity into Your Life
By Shona Cole
When you have kids to feed and errands to run, finding the time to create meaningful art can be difficult. Shona Cole, mother of five and mixed media artist, helps you make the time and space in your life for your artistic passion while incorporating your love for your children into your art. She guides you through the Artist's Workshop: a 12-week course that includes instructions for making artwork inspired by your children. You'll also be introduced to seven other artistic mothers from whom you can draw inspiration and encouragement.
$24.99

Conscious Parenting

Rising to the Challenge – How to Help Children Make the Bus and Succeed in Life

By Annie Zirkel

When my children were young, getting them to the bus every morning was usually a stressful endeavor. One hurried morning, standing on the porch with my first- and fourth-grade sons and hearing that familiar engine rumbling up the hill, I implored them to run ahead and "try to make the bus!"

My fourth grader took off like a shot — fortunately, looking both ways at the street — and hauled butt in time to take his seat. My other son didn't move.

Even back then, my younger son's reaction was typical for him. More often than I would have liked, he would shy away from unfamiliar or challenging situations, avoid taking initiative, or give up easily. And this concerned me because, like most parents, I knew that being able to rise to a challenge was an important life skill for reaping the rewards that only come through effort and persistence.

Sometimes what parents believe should be easy for a child is actually a challenge. Additionally, what parents might consider merely challenging can push a child to "a state of overwhelm."

Some kids are luckier in this way. They have positive, strength-based thoughts, planning skills, and the right amount of stress hormone to drive them into responsive action. This combination leads to more openness to trying things, which leads to more practice, which leads to more skill, and so on and so on.

Fortunately, there are ways to help a child become more of a self-starter and a self-finisher. But it helps to have a nuanced approach; one that includes understanding, reasonable expectations, both direct support and restraint, acknowledgment of successes, and a realistic perspective.

Let's start with perspective.

Sometimes what parents believe should be easy for a child is actually a challenge. Additionally, what parents might consider merely challenging can push a child to "a state of overwhelm."

A state of overwhelm is when the ability to plan actions, make decisions or process thoughts and emotions shuts down. Time pressure, mental or physical challenges, performance anxiety, and relationship dynamics can all contribute to this state. Add factors like hunger or fatigue, disruptions in routine, academic demands, social anxiety or a difficult temperamental style and – you begin to get the idea — too much stress causes overwhelm.

If your child shuts down, melts down, acts out, or becomes overly silly, he or she is trying to tell you something.

In the case of my younger son, regardless of what I thought he should have been able to handle, his reaction showed otherwise.

If your child shuts down, melts down, acts out, or becomes overly silly, he or she is trying to tell you something. Being attuned to this state is critical, because no thoughtful learning happens here. In fact, the only productive action to take at these times is to immediately shift to strategies that help your child get beyond this negative state in a healthy way, hopefully with your relationship intact. Taking slow, deep breaths, keeping a sense of humor, and, with any luck, having the time to drive your child to school can all help.

This may be your growth edge as a parent, so practicing your own resiliency is a great way to model it for your children. The bus is gone. Expressing shame or excessive frustration will not make it come back, and will only serve to complicate your child's ability to rise to the next challenge. Remembering that teaching your children is a long-term endeavor may help with your perspective.

Staying out of "a state of overwhelm" is Goal 1 for child and parent alike. Goal 2 is giving just the right kind of support to children for them to become comfortable being uncomfortable: having stress, feeling awkward, or being challenged — and staying engaged anyway.

Heidi Grant-Halvorson, author of *Succeed: How We Can Reach Our Goals* (2011), has encouraging words to say about your child's chances of rising to those challenges. She writes that data shows "that reaching goals and mastering skills is about strategy, effort, and persistence, and that these things are learned." Just remember that each of these is a different "muscle" to be strengthened, and each needs a different approach.

Spend time being a detective with your child. The key is to break down the breakdown without breaking your child. Because, while slicing tasks into manageable pieces is brilliant for figuring out what skills need to be enhanced, building your child's willingness to put in effort and persistence to enhance these skills is essential.

Letting go of what you think should be hard for children and focusing more on their true growth edge is essential.

You can do this by noticing all the areas in which your child is already rising to a challenge. When I work with parents, often there is a perception that their child has zero skill at persistence or resiliency. But with a bit of exploration, we always find strengths. (Sometimes it is in areas parents aren't so keen on, but they are there.)

Letting go of what you *think* should be hard for children and focusing more on their true growth edge is essential. In fact, one tip is to slightly play up the potential difficulty of a task. This way children are prepared for the effort, less discouraged by the challenge, and more appreciative of any success.

You can notice and acknowledge when your child is coping with being in a store longer than he or she may have wanted to be. You can notice and acknowledge when your child bounces back from changes in a plan. Notice and acknowledge an improvement in a skill because of the effort your child put in. And by all means, admire any areas of self-initiative.

Finally, hold children accountable to their potential. They will only learn to build those muscles if they exercise.

Language that notices direction over perfection and effort over accomplishment is much more helpful to building those life-skills muscles. Researcher Carol Dweck calls this "growth mindset parenting." Acknowledging and valuing children's moments of curiosity, resiliency, patience, delayed gratification, grit, and gratitude all contribute to building these strengths.

Motivations for initiative are usually connected to one of three drives: autonomy, mastery, and purpose; which, according to best-selling author Dan Pink, will inspire the best outcomes. Talk to your child at calmer moments about why rising to challenges is a good thing. What do you get from it? What do you lose by not trying? Point out the trait of persistence in characters in books, stories, and movies, as well as in real life.

Finally, hold children accountable to their potential. They will only learn to build those muscles if they exercise. Don't let them get away with acting like they are incapable when they *are* capable. Have faith in their ability to learn, and let them know that you expect them to rise to reasonable challenges.

Fortunately, these strategies can help. My son's confidence and self-initiative are more evident. Most importantly, he is making more choices, not out of fear but from thoughtfulness and a desire for self-challenge. He doesn't make every bus; but that's okay with me. Because at this point, there are only so many more rides I can give him — and frankly, I am not in such a rush to see him go.

Annie Zirkel, M.A., L.P.C., is a local Positive Parenting Consultant and author of You'll Thank Me Later: A Guide to Raising Grateful Children (& Why That Matters). *She can be reached at annie@practicehow.com*

New, Fun, and Just Plain Cool

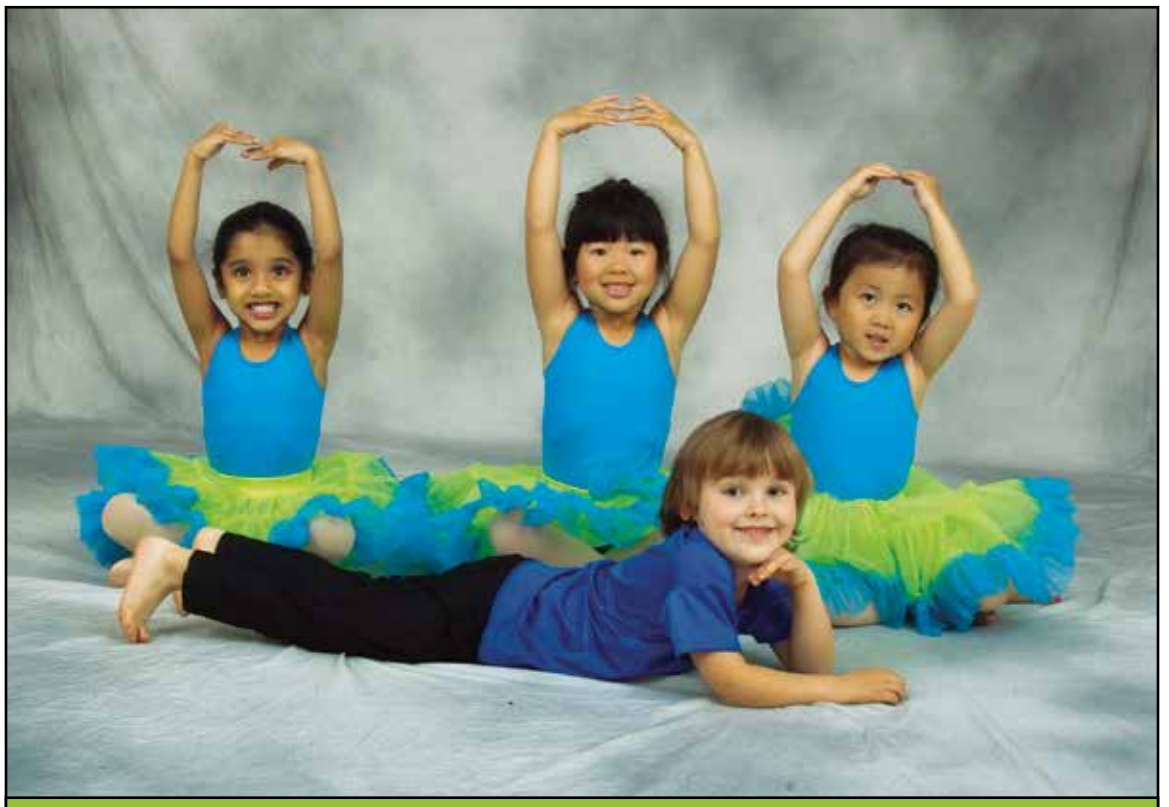
Crazy Wisdom Kids in the Community

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the September through December issue is June 30, 2013.

By Nieka Apell

Arts in Motion

Since 2001, Ann Arbor's Arts in Motion Dance Studio has offered high-quality dance training with an emphasis on "self-expression, musicality, and artistic integrity," according to Director Amanda Stanger-Read. More than 15 instructors — most of them college-trained dancers — lead courses for dancers who range from toddlers to adults in genres ranging from modern dance, ballet, jazz, and tap to Irish dance and private lessons for wedding dances.



"The process of creating the dances involves a lot of improvisation and input from the kids themselves. Rarely is there a line of kids all doing the same thing at the same time. We try to focus on the creative process."
— Amanda Stanger-Read

In April, the studio moved to a new location at 6175 Jackson Road, to be in a 4800-square-foot space shared with the Wild Swan Theater. Stanger-Read explained that the reasons for leaving the space Arts in Motion occupied on Boardwalk since 2001 are twofold. "Since 2008 and the economic challenges in this area, we haven't seen the number of new students needed to maintain a space of that size independently. Our lease here was up and we decided it was time to find a more sustainable space. We are also so excited about the collaborative programming to be done with the Wild Swan Theater," said Stanger-Read. She explained that they are planning two collaborative musical theater camps for this summer. "We're interested in trying some new things. It's a new market, and we're excited to see what we can offer." Stanger-Read added that one of her own first jobs was to dance *The Firebird* with the Wild Swan Theater. "We have a long history together," she said. "I've had a connection with them for over 20 years."

Although Arts in Motion has relocated, Stanger-Read said that the two studios in the new space allow them to maintain their current program of dance offerings. Stanger-Read and her husband, co-owner Scott Read, have spent the past decade developing quality dance curricula for all ages.

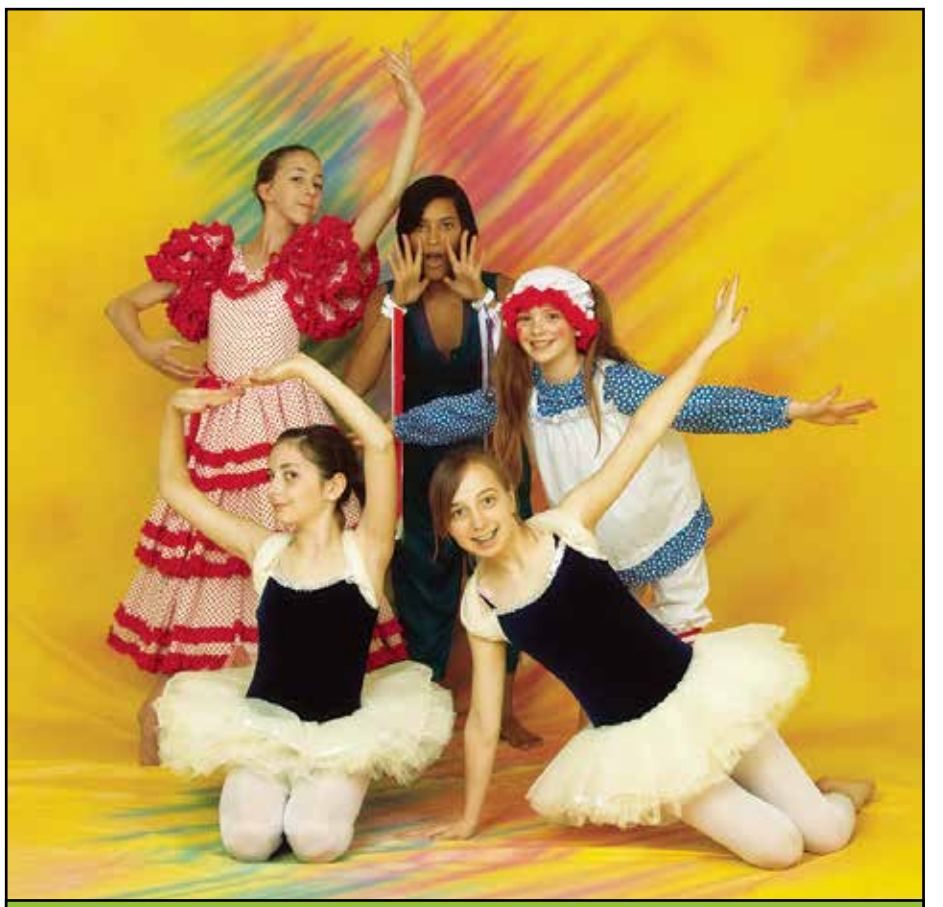
Stanger-Read and her husband, co-owner Scott Read, have spent the past decade developing quality dance curricula for all ages.

Stanger-Read began her own dance career in modern dance at age 11 at a small studio in Red Bank, New Jersey, that mixed children and adults in classes. That studio also hosted a regional dance company, and Stanger-Read later had the opportunity to apprentice with the company, doing choreography and seeing the process of touring with the company. She continued her study of modern dance and musical theater in high school, and later at Columbia University in New York. "I started in musical theater in college — I also sing — but I soon felt that every musical just felt similar, repetitive," said Stanger-Read, who found herself drawn to modern dance classes at nearby Barnard College.

After earning a minor in dance, Stanger-Read came to the University of Michigan, where she completed an MFA in dance. "The program here is modern-dance based, and that MFA has an emphasis on the historical and cultural aspects of modern dance. It's an intellectual approach to dance," said Stanger-Read. It was during her time at the University of Michigan that Stanger-Read began teaching for the University, the YMCA, the Jewish Community Center, and other places. "I discovered that I loved teaching," she said. "I really like seeing that moment when a student 'gets' it."

Stanger-Read said that, after marrying and having children, she and her husband — a ballroom dancer — realized that the idea of traveling with a dance company was not appealing. They sought a space of their own so that they could teach without needing to travel to multiple locations. "It was important to us to have a location with easy parking and a comfortable, safe atmosphere so that parents with crawling babies could stay and relax while older children take classes. We have that same environment in our new setting, too. That continues to be important to us," said Stanger-Read.

In 2001, Stanger-Read opened Arts in Motion and began developing the curriculum she uses today. "We offer a series of three classes for smaller children, starting with Mommy and Me classes for ages one to three," she said. She explained that these classes focus on gross-motor movement, free play, and what it means to have a teacher, to develop listening skills, to take turns, and to follow very simple directions. "Then all of a sudden, you see this moment that they are ready to be independent," she said. "They push mom away and say, 'I'm ready to do this and to dance without you here with me!'" The next step, for children aged three to five, incorporates stories and picture books. Stanger-Read also has a degree in English and recognizes the importance of narratives and stories in creating dances. "I use books with dancing themes, books about movement, and books that have emotional content related to dance and one's body," she explained. This class is called Dance Stories and includes elements of pre-ballet and other dance genres. The next step in the basic curriculum is Beginning Dance, and includes an introduction to ballet, modern dance, jazz, and tap.



"It is not about competition, or doing the perfect tendu, or even having a flawless recital performance; the emphasis is on expressing your truest self through the medium of dance and having fun while at the same time."
— (Parent) Alison Denomme

While some children start at Arts in Motion at a young age, others come later, and Stanger-Read said her studio is very open to that. "It's really important to me that kids are grouped with kids of similar ages," she explained. "If a twelve-year-old comes to me wanting to dance, I wouldn't make them start from the beginning with the seven-year-olds. They need to know that they must be ready to work hard, but it's not appropriate to put them in with the younger children. My teachers are really good at adapting the curriculum to meet the needs of the older kids who might just now be ready to start dance. This may come from me — I started dance late myself, and I know that it can feel hard to try to catch up!"

Arts in Motion offers a wide range of classes and experiences for the older and more experienced dancer as well. "Our studio is well-staffed to develop more serious dancers," said Stanger-Read, who said she has a group of high-school ballet students who study between two and four times per week, as well as middle- and high-school jazz and tap dancers. For dancers aged nine to adult, Arts in Motion also offers a student dance company. "I learned so much from my time with a dance company when I was young," Stanger-Read said. "I knew that this was something I need to offer my students, too. Students do not need to audition to be part of this company. I want this to be open to everyone. You just have to want to be there and to work hard."

The company meets weekly and includes dancers of all disciplines who come together to work on modern dance choreography. The structure of the company allows for both mentoring and learning opportunities. "The older, more experienced dancers work together with younger, less experienced dancers. It's beneficial for everyone," said Stanger-Read. "The process of creating the dances involves a lot of improvisation and input from the kids themselves. Rarely is there a line of kids all doing the same thing at the same time. We try to focus on the creative process. For our recitals, too, we try to focus on the process of creating rather than on having everyone doing the same movements at the same time."

Parent Alison Denomme, whose children Willow and Griffin are both students at Arts in Motion, said she could not be more pleased with the teachers and the philosophy at Stanger-Read's studio. "I love Arts in Motion because Amanda and her teachers encourage the students to be the best possible versions of themselves they can be. It is not about competition, or doing the perfect *tendu,* or even having a flawless recital performance; the emphasis is on expressing your truest self through the medium of dance and having fun while at the same time," she explained. "I love how they gradually build students' dance skill and vocabulary and give them the opportunity to experience multiple forms of dance in one class. I love that they have unique offerings like a class that combines visual art and dance." She also noted the instructors' ability to meet the needs of children with very different personalities. "They have supported both my kids equally well; Willow, who is very "teachable" and does whatever you tell her, and Griffin, who needs extra attention and support," she said. "Both were welcomed and supported and guided to be and do their best."

The studio also continues to offer dance exercise classes for adults. Stanger-Read said that these classes have elements similar to the popular Zumba, in addition to drawing on modern dance and Latin dance and Pilates, along with stretching and strength training. "For a teacher, it can be uninspiring to teach the same movements over and over," explained Stanger-Read. "Our dance exercise classes are small enough that teachers can be creative and focus on the individual students. If someone comes in and says that their back is bothering them, we can work around that for that student. We approach it from the perspective of what our individual students need."

Stanger-Read said that the instructors use a similar approach for teaching ballroom dance for couples. She said that, while some studios may teach a couple one specific dance, her instructors prefer to teach the communication and hand-leading patterns that can be used in different ways. "We teach basic patterns and the communication needed to dance together, but not the rote memorization of a series of steps that can feel really repetitive and can be easily forgotten in the stress of a moment like a wedding dance. Our methods leave dancers free to interpret and communicate."

Stanger-Read said that she appreciates concerns about the expense of dance classes and that, to minimize the stress on families, she strives to keep costs as reasonable as possible. She maintains a "swap box" of dance shoes to help with the challenge of ever-growing feet and a rack of gently-used dance clothing that is sold for low prices. In addition, she orders dance clothing through the studio from a company that offers discounts, and she doesn't require specific colors or exact types of leotards and dancewear for her younger students. "Some little kids dislike pink, others are sensitive to certain types of clothing. Kids just need to come to class neat and in clothing that allows them to feel free to move," she said, adding that at higher levels, dancers do need some more specific pieces and colors.

Summer camp and course offerings, including the special four-week course that leads up to performances at the Ann Arbor Art Fair, are posted on the studio's website.

Arts in Motion Dance Studio
Amanda Stanger-Read, Director
6175 Jackson Rd., Ste. B
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734-222-6246
http://www.artsinmotion.net

Continued on page 64

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Crazy Wisdom Kids in the Community

Continued from page 63

Fly! Children's Art Center

As budget cuts to public school art classes loom heavy in Michigan, a not-for-profit organization in Ypsilanti is dedicated to making sure that children in under-resourced schools have the opportunity to try their hand at the visual arts. Fly! Children's Art Studio converts public schools, libraries, and community centers into temporary art studios for children by bringing in materials, teachers, and volunteers. In addition, Fly! holds drop-in and longer-term studio classes and summer camps for children at their Ypsilanti studio, as well as courses at the Ann Arbor Whole Foods classrooms.

Fly! currently holds after-school art programs in all Ypsilanti elementary schools, at Ypsilanti Middle School, and at schools in Wayne, Westland, Romulus, Inkster, and other surrounding communities. These classes are all free to the children enrolled, according to Katie Whitehouse, program director for Fly! Whitehouse said that approximately 65 percent of the children enrolled in the mobile studio school programs participate in the public schools' free lunch program and that the schools supported by the program may have limited funding for art classes. "There was really a need for this in the community," said Whitehouse. "Fortunately, people saw that!"

What Fly! brings into the schools is different from a typical art class curriculum, explained Whitehouse, since the Fly! teachers do not aim to teach to a test, nor do they feel compelled to have every child produce a similar piece of artwork to hang on the schools' walls. "We bring in a buffet of art materials and then let the kids decide their own artistic destinies," she said. "A lot of these kids don't have a lot of control in their own lives. It's really important to give them control over their own artistic process." Whitehouse noted that this is challenging for kids who are accustomed to art projects that require them to create a specific product. "Inevitably, the first question I get from many of the kids is, 'So, what am I supposed to make?'" Whitehouse said that Fly! instructors tell the kids that they can make whatever they would like, and then they talk with the kids about what they might like to try creating.

The after-school programs run by Fly! are limited to 15 children per site, so the children get a lot of personal attention. "We keep the student/teacher ratio low so that there's lots of one-on-one interaction between teachers and kids," explained Whitehouse. "In order to support kids' critical thinking skills and problem-solving, they need this kind of support and encouragement." Parents interested in enrolling their children in the Fly! after-school programs apply through their schools, and the students for each term are chosen by school personnel using a lottery system. Each school runs three sessions per year, which means that 45 children at each site receive this art education. This lottery system means that the kids often do not know each other well at the beginning of the session. "They are encouraged to talk with the kids they don't know, to collaborate. We want them to meet their neighbors and to get their advice, to share their ideas," said Whitehouse, adding that many of the kids "express relief that this isn't just another traditional classroom where they need to be quiet."

The Fly! mobile art studio began in 2009 as the brainchild of Ruth Marks, an Ypsilanti native and art teacher who felt the strain of budget cuts on school art programs. Whitehouse explained that Marks started the program at Perry Elementary School, bringing all her own materials. "Other people soon heard about what she was doing with this great mobile art studio, and they started asking her to please come to their schools, too," said Whitehouse, who began her time with Fly! volunteering weekly with kids who gathered at the Senior Center in Ypsilanti. "I just loved it," said Whitehouse. "I intended to do it just as something to do to help out in the community. And then I just fell in love with the kids!"

As Whitehouse continued her time with Fly!, Marks recognized her talents and tapped her for larger projects — first as a paid Fly! teacher, then as a grant writer and coordinator of summer programs. "Then Ruth had an opportunity to go to San Francisco, and she asked me if I'd consider taking over Fly!" said Whitehouse. "That wasn't in my plans. I had a full-time, paying job all lined up elsewhere, but I just loved Fly! I came home and told my husband about the opportunity, and, fortunately, we decided that somehow we'd just make it work. We cobbled things together for a while with just volunteers — including with me as the volunteer executive director for a while. I did it because I believe in it. It's an organization that is worth an amount of personal sacrifice," she explained. In addition to their work in area public schools, Fly! has mobile art studio programming at the Parkridge and West Willow Community Centers.

Whitehouse is grateful for the community members and organizations that helped sustain Fly! during its beginnings and that continue to support them today. "Thankfully, the awesome people in this community stepped up to help us. They realized the importance of what we are doing and they donated their time, their money, and their skills," she said. For example, a Fly! parent with experience in management helped Whitehouse develop a much-needed strategic plan for the organization. Fly! has also received funding and other support from Eastern Michigan University, the Non-Profit Leadership Alliance, and the New Center.

> "We bring in a buffet of art materials and then let the kids decide their own artistic destinies," she said. "A lot of these kids don't have a lot of control in their own lives. It's really important to give them control over their own artistic process."
> — Katie Whitehouse, Fly! Program Director

The personal sacrifice and community investment have paid off, according to Whitehouse. In January, Fly! welcomed a new Executive Director — Chris Blunden, a Michigan native and graphic designer. Blunden founded Living Arts in Detroit and ran that organization for more than 12 years. Living Arts provides an after-school art program and other creativity-enhancing opportunities that are financially accessible to all.

While Whitehouse will continue to coordinate the mobile studio and in-house classes, Blunden will focus more on community events and fundraising. Fly! recently held its "Color the Community" art contest, an opportunity for kids aged 6 to 12 to create a piece of original artwork representing "either something fabulous about our community or something that might be lacking in the community that they would love to see," said Blunden.

Fly! also held a "micro-campaign" in April to raise money to support new programming: Blunden said Fly! asked supporters to skip a restaurant lunch for one day and to donate that $10 to Fly! Participants were then encouraged to photograph the lunch they "created" for themselves and to send that photo to Fly! "We hope that this kind of micro-campaign will start small and will grow in the future," said Blunden. "Maybe next year we can host some onsite playing with food and have people send us fun photos of playing with and creating with food." Blunden also plans to have Fly! coordinate a photography contest that would be open to children and adults connected with the popular Color Run 5-kilometer race on May 11 in Ypsilanti.

Blunden said he hopes to expand the programs offered by Fly! and to continue to serve the mission of bringing art and creativity to children, citing a recent study that showed that American children lose a great deal of their creative aptitude around fourth grade. "In a study of the creativity index, it showed third graders as still at the level of creative, artistic genius. Then suddenly, around fourth grade, it plummets. Somehow, we are teaching kids not to be creative anymore. From my perspective, the work we do is aimed at solving that problem. We are teaching kids the process of using creativity to solve problems. We want to show how art is meaningful and part of a much bigger skill set that children need in their lives."

> "We are teaching kids the process of using creativity to solve problems. We want to show how art is meaningful and part of a much bigger skill set that children need in their lives."
> — Chris Blunden, Fly! Executive Director

In addition to a welcoming Blunden, this winter Fly! also made a much-needed move to a larger facility at 40 North Huron Street in Ypsilanti. The new studio space is more than four times larger than the old space, with room for additional studio classes, space for open houses and special events, and storage. “We want to have an anchor in the community,” said Whitehouse. “We want people to be able to come and see what we are doing. The generous people who fund our programs will be able to come visit and see what we are doing with their investments.” The larger space will also allow Fly! to expand its studio course, summer camp, and adult course offerings. In addition to the mobile art studio after-school programs that are free to all students, Fly! offers in-studio classes for children as young as age 3 up to adults. Whitehouse said that course offerings range from drop-in courses that cost approximately $5 for a one-hour class to a week-long summer puppet-making camp in collaboration with Dreamland Theater that culminates in a puppet show.

Fly! also hosts “ladies’ nights out,” adult craft parties for casual groups, bridal showers, and other special events. Whitehouse said that popular craft choices are knitting, crocheting, and jewelry-making. “If a group wants to try something different, though, I will find someone who can teach it!” Children’s birthday parties are another popular Fly! offering. Themes include a fairy-themed tea party with wings and wands for children to make, a build-a-robot party, a superhero party during which kids create capes and crowns, and a marble-chute party that lets kids create a large, communal racing track, as well as smaller versions to take home. Fly! also offers art kits, which Whitehouse described as a “take-home version of the Fly! open studio programs.” These contain materials and project ideas perfect for kids who might prefer to work independently to make a project according to their own rules.

“People who choose to come here for our studio activities can feel really good about how their tuition funds creative art activities in under-resourced schools.” — Katie Whitehouse

These in-studio classes, parties, and art kits are fee-based activities that help fund the free mobile studio activities in the schools and community centers, said Whitehouse. “People who choose to come here for our studio activities can feel really good about how their tuition funds creative art activities in under-resourced schools.”

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Fly! also holds workshops at the Whole Foods classrooms in Ann Arbor and at the Whittaker Road Library in Ypsilanti. Whitehouse said these free programs focus on art that children could make at home. For example, the popular series at Whole Foods uses common food items to create art. Participants make stamp art using cut vegetables, learn about vegetable-juice tie-dye, build towers from pasta and marshmallows, and create mosaics out of dried legumes. “We want to show kids that they can make art out of the materials available to them. You might not have a drawer full of Sharpie markers at home, but you might have some beans, or an apple, or a sock. Art is not just a painting on the wall or a clay sculpture,” Whitehouse said. These classes are offered free or at a very low cost.

Whitehouse emphasized her appreciation for the continuing support of Ypsilanti and the surrounding communities. “Every time we’ve hit a roadblock with Fly! we’ve found such generous and giving people with skills they are willing to lend. I could not have done it without them, and I cannot emphasize enough the phenomenal generosity of the people in this community. The support we get from this community is truly beyond amazing.” Whitehouse said that there are numerous volunteer opportunities at Fly!, including helping with the mobile art studio school programs and contributing to work committees focusing on event planning, fundraising, and grant writing.

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Crazy Wisdom Kids in the Community

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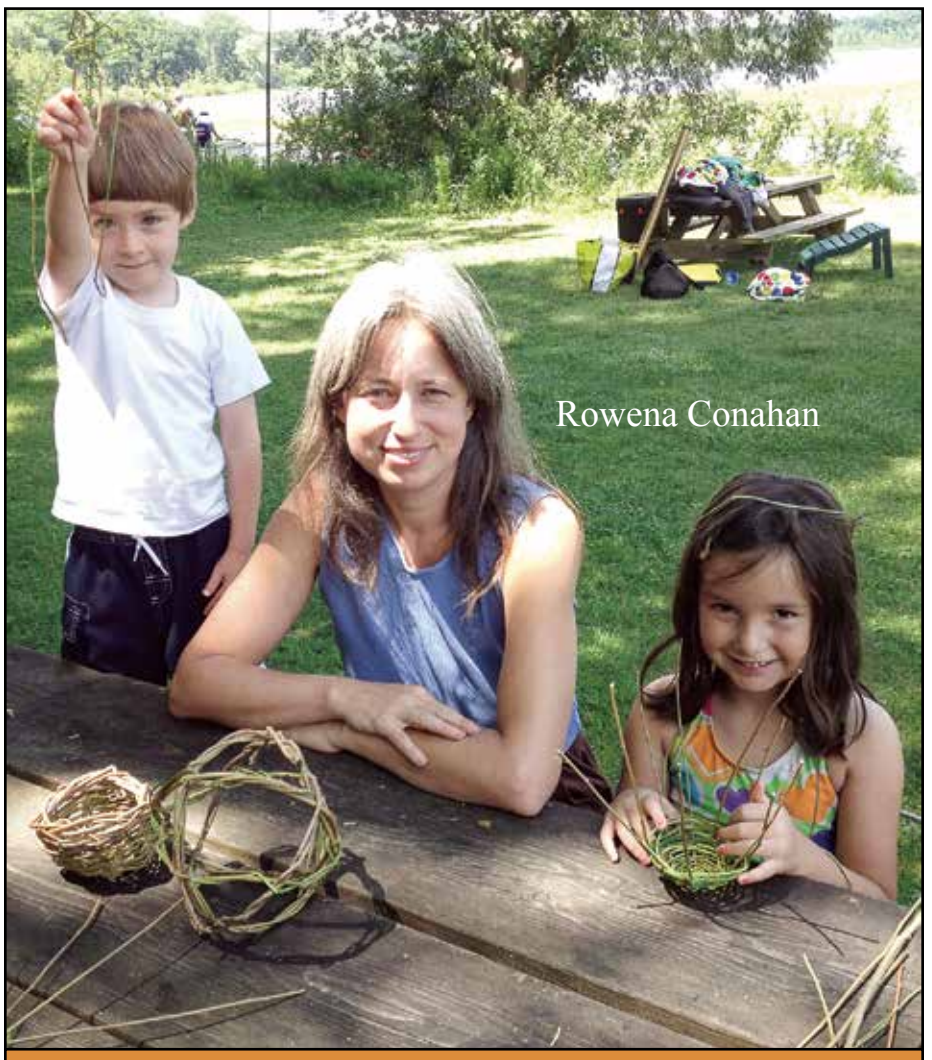

"The traditional school curriculum offers a scientific view of learning, and that material can be so removed from a child's real experience. This nature is practical, understandable, and real to children."
— Chuck Barbieri,
Nature Learning Community teacher

Nature Learning Community

"I've always been fascinated with ancient lifeways — skills like tracking, fire-building, shelter-building, edible plants," said Rowena Conahan. With a degree in anthropology and certifications as a Montessori teacher and professional storyteller, Conahan taught preschool for years before realizing "I wanted to be doing something that would create an even bigger ball of energy. That became very important to me." That "bigger ball of energy" became Ann Arbor's Nature Learning Community. Conahan began holding classes related to the natural world and ancient lifeways about five years ago and more formally started the Nature Learning Community in 2011. Current offerings include programming for children as young as age 3, older children, women, and family groups.

Many of the classes offered by Nature Learning Community are held at Sunward Cohousing Community, located in Scio Township, just west of Ann Arbor. Sunward Cohousing owns 20 acres, but has built on only a small portion of that land, keeping the rest in its natural state of oak-hickory forest and native prairie. There are also two ponds, a wet meadow, and small pine forest. In the middle of this forest, Cohanan and her fellow Nature Learning Community teachers, along with their students, have built a primitive shelter that includes an indoor fire circle, an outdoor fire circle, a pit oven, and sheltered areas for gathering and enjoying class time together. During the past two years, Cohanan and the other teachers at Nature Learning Community have developed several classes for children, adults, and families. "We're in a 'trying new things' phase," explained Conahan. "We're working to see what's successful, what has good energy."

One course that has been very popular is the "Fuzzy Caterpillars" course for the youngest children, ages three to six. For this class, every child comes with a grown-up. "It's a time for kids and parents learning together," said Conahan. "It's a time for the parents to sit in nature, to have tea and talk while the kids explore nature outside." The outdoor classroom space has tarps to provide shelter in inclement weather. "One day we might bring in a 'nature museum' to spread on a blanket and let the children touch everything. We bring in wonderful things for kids to handle, to look at with magnifying glasses," she said.

The children often go on a "wander" around the property, said Conahan. "It's not an organized hike or a set path," explained Conahan. "We let the children direct the play. They may find a log that looks like a boat and so we'll stop and play boat. Another child may want to make simple shelter shapes, and we can work on those together." Children may also have the chance to taste edible plants collected by adult teachers. "At the end of each Fuzzy Caterpillars class, we come back together to tell each other the stories of our adventures that day," said Conahan.

Nature Learning Community also offers several programs for older children. Conahan said that they draw kids from Ann Arbor and surrounding towns, including children from all three of Ann Arbor's co-housing communities, from homeschooling groups, and from other community groups. Nature Learning Community teacher Chuck Barbieri, an experienced Waldorf teacher who holds degrees in environmental studies and biology, as well as a graduate degree in environmental advocacy and education, coordinates the classes for school-aged children. Course offerings include an after-school hiking class that meets weekly to explore different parks around the Ann Arbor area and a nature art class that encourages children aged 4 to 11 to make mobiles, bird baths, and other crafts from natural materials.

"Then one day, they howled, and suddenly, real coyotes howled back to them. That was such a powerful moment."
— Rowena Conahan

Barbieri emphasized that for older children, too, the goal of the programming is to give kids the opportunity to use their imaginations and connect with nature. "We just let their imaginations run wild," he said. "This isn't some kind of strict environmental education and science class to learn a set list of things," he explained. "We want to let their imaginations loose in nature. That really nourishes children." Barbieri said that the classes offered at the Nature Learning Community "take a holistic view, not just a scientific view. The traditional school curriculum offers a scientific view of learning, and that material can be so removed from a child's real experience. This nature is practical, understandable, and real to children."

A recent children's class had a wonderful real encounter with coyotes, according to Conahan. The instructor had told a story about coyotes, and the children began howling like coyotes. "It became something they did together — they howled together, and it became very passionate," she said. "Then one day, they howled, and suddenly, real coyotes howled back to them. That was such a powerful moment. There was such a good energy with that class." In addition to the coyotes who pass through the property, the area is home to deer, raccoons, rabbits, skunks, opossums, mink, and numerous bird species. Children are encouraged to use a "tracking box" to learn what animals may visit at night: they place food items such as apple cores into a box filled with smooth, moist soil and look in the morning to see if they can identify the tracks of an animal that might have taken the snack.

"I wanted to be doing something that would create an even bigger ball of energy. That became very important to me."
— Rowena Conahan,
Nature Learning Community founder

Other activities for children and families include “Family Fun Days,” which are free of charge and don't require pre-registration. On these days the shelter is available, an outdoor fire is built, and various outdoor activities, such as work with animal hides, are available to observe and try. Nature Learning Community also coordinates Family Camp — a two-night outing at Friends Lake. Conahan explained that the camp is a nice way for people with different skills and levels of comfort with camping to come together to help each other. “People with limited skills can get support from those with skills like building a fire, making a tent, cooking over a fire,” she said. Another popular activity is the “Edible Plant Walk,” coordinated by high-school teacher and plant enthusiast George Hedgepeth, who leads walkers of all ages at the Mulberry Hill Farm in Saline. The next Edible Plant Walk is scheduled for May 4.

Nature Learning Community also offers programs for adults. A “Mama Bear Women’s Class” meets approximately once monthly on Friday evenings, encouraging women to come together around a fire inside the shelter to do craftwork, share stories, enjoy tea and soup, and learn new nature skills. In addition, a new book discussion group is reading and learning from *Coyote’s Guide to Connecting with Nature* by Jon Young, Ellen Haas, and Evan McGown. The book group had an initial kick-off event at Crazy Wisdom and will continue to meet to discuss the book, which explores core routines for connecting with nature, as well as themes of mentoring and how one can learn from and mentor others. “Connecting more people with mentoring is a goal of the book group,” said Conahan, adding that they welcome new members. Conahan first learned of Jon Young at a class on the “Art of Mentoring” held about 15 years ago at Matthaei Botanical Gardens. “It was absolutely amazing. Life changing. It helped form my vision for this energy ball we’re starting here now.”

Conahan and Barbieri have plans for the Nature Learning Community that include mentoring and networking. They are working to develop a network of people in the region who teach traditional arts, to provide support for this work and create new events in hidework, pottery, basketry, shelter and fire-building, tracking, and other ancient skills. A summer camp in June for children aged seven and up will include nature crafts, fort building, and playing in the woods. In June, a “Shelter Week” also will be offered and will be aimed at bringing people together to improve Nature Learning Community’s primitive shelter. Adults and children will collaborate to learn new skills as they add mud plaster to the shelter walls, build shelves, and create a covered outdoor work space, in addition to spending time together in the woods.

To learn more about the programs offered by the Nature Learning Community or to register for camps and classes, visit their website at http://nature-class.org (for summer program information go to http://nature-class.homestead.com/Upcoming-Events.html) or email aanatureschool@gmail.com.

Nature Learning Community
Rowena Conahan, Founder and Director
P.O. Box 3333
Ann Arbor, MI 48106
734-531-8330 (leave a message)
http://nature-class.org
aanatureschool@gmail.com

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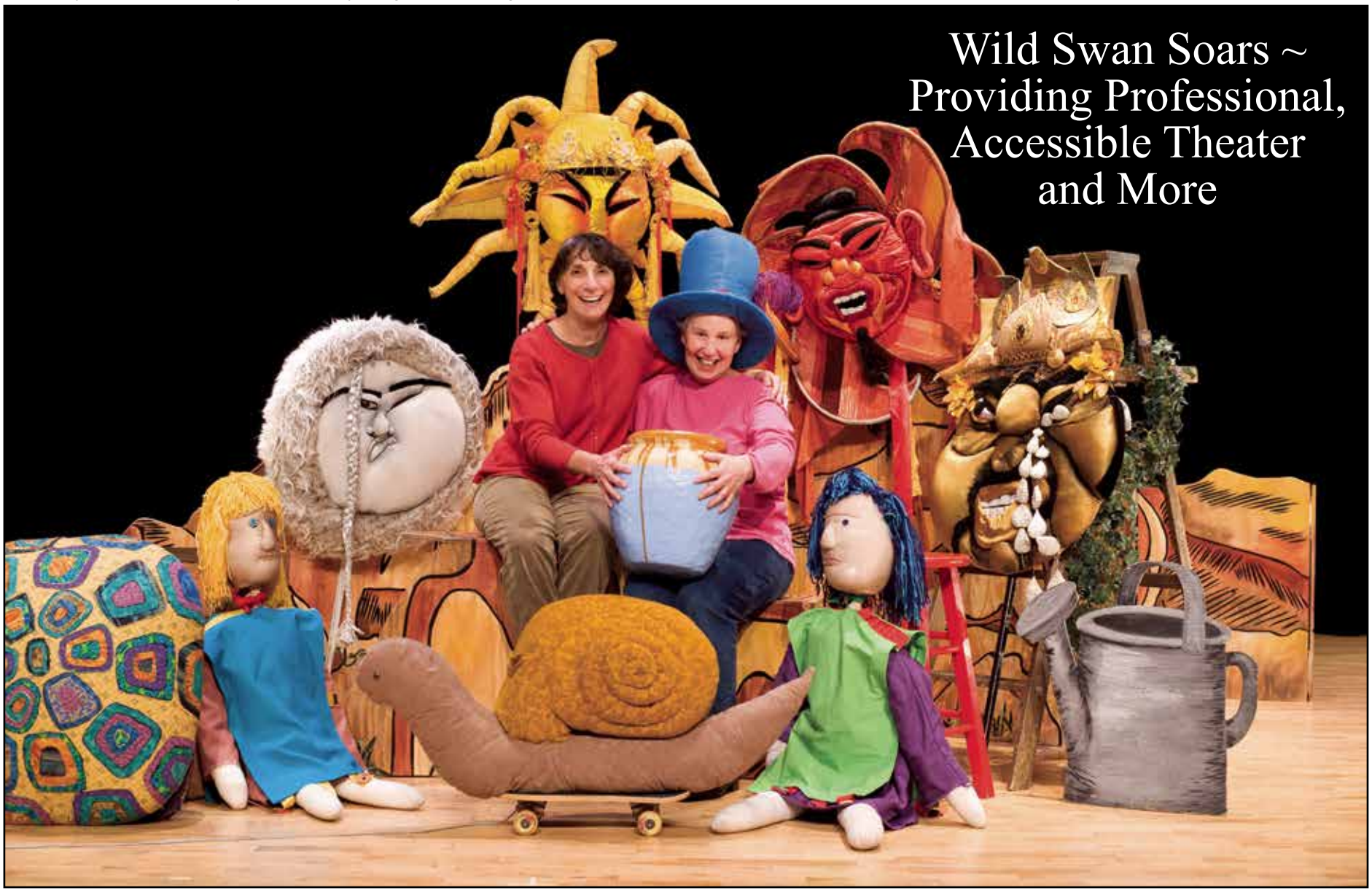
An ongoing section of
The Crazy Wisdom Community Journal

Articles, calendar listings, advertisements, music and book reviews, and other features… focused on raising conscious and spirited kids…

Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

Wild Swan Soars ~ Providing Professional, Accessible Theater and More



Wild Swan founders and co-artistic directors Hilary Cohen and Sandy Ryder pose with some of their favorite props from more than two decades of Wild Swan productions.

By Karen Foulke Larson

What does it take to create professional theater that entertains adults and children? For 33 years, Wild Swan Theater has found a unique formula for entertaining theatergoers of all ages, and it doesn't involve elaborate sets or huge casts.

In 1980, four friends collaborated to create Wild Swan Theater with the goal of "making good theater for kids." Two of the women responsible for starting Wild Swan, Sandy Ryder and Hilary Cohen, still serve as co-artistic directors.

The creation of Wild Swan Theater was inspired by a University of Michigan theater project that involved adolescent patients at a psychiatric hospital. Cohen, a professor of theater at University of Michigan, and two of her theater students, Julia Wolfe and Raizel Weiss-Heitzer, all thought having the teenagers collaborate was a powerful experience and so they decided to build on what they'd learned. They invited Ryder to join them in starting Wild Swan Theater.

Photo by Myra Klarman

This summer at Wild Swan Theater's Camp DoYaWanna kids will go "Under the Sea," experience "African Arts," journey "Out of this World!" and travel to Neverland to explore the story of Peter Pan or to visit Alice in Wonderland.

Cohen and Ryder have created a unique way to include American Sign Language (ASL) into all Wild Swan productions… Audience members don't have to look away from the action to see the signing.

Wild Swan was initially a part-time job for both Cohen and Ryder, but it kept growing. The four women are still friends, but Wolfe and Weiss-Heitzer moved away after graduation. After 14 years, Wild Swan grew to the point that Ryder and Cohen needed to make it their full-time work. Cohen taught and directed as a professor of theater at the University of Michigan for 20 years before making Wild Swan her full-time occupation. Ryder's career has included a variety of theatrical roles, including clown, mime, and improv actor in a children's theater. She sold her business, Ann Arbor's popular Say Cheese Cheesecake, in order to give Wild Swan her full attention.

"I think if you have kids in elementary or middle school, Wild Swan is one of the best things about living in Ann Arbor."
– Marie Cregar

An Increased Level of Accessibility

Accessibility was one of the original goals of Wild Swan Theater. Cohen and Ryder have created a unique way to include American Sign Language (ASL) into all Wild Swan productions. Registered ASL interpreters who have been trained as actors sign on stage, in costume, and are part of the scenes (instead of standing to the side of the stage and signing). Audience members don't have to look away from the action to see the signing. It was also a creative decision to have the "visual beauty of sign language add another dimension to the production." Ryder said that integrating ASL adds emotion to the performances.

"Touch tours" can be arranged ahead of performances for visually impaired children and adults. Theatergoers who are blind or have limited vision go backstage before the performance to meet cast members and to feel costumes, puppets, and musical instruments, to be familiar with them before the play begins. Meeting the actors and hearing their voices ahead of time is also an important part of the tour, helping theatergoers to recognize the characters' voices when the play begins.

Visually impaired audience members can use a small receiver and earphone that will permit them to hear a description of the sets, costumes, and action of the play when there are pauses in the dialogue. This system, called "audio-description," allows audience members who are blind to have access to the visual information expressed in a play. Users of the system are able to hear the dialogue just as the rest of the audience does.

Ryder recalled a story that a blind parent shared with her after a performance. The dad attended a performance with his son who was not old enough to read. Because the dad was listening to the "audio-description," he was able to answer his son's question about what a sign said. "He told me it was one of the first times he was able to answer his child's question about something that he saw," said Ryder.

Home Stage and Touring

Wild Swan's mission of making theater accessible to everyone, including low income, minority, and disabled children, is extended through low ticket prices and innovative outreach programs.

The vast majority of their performances are in the Ann Arbor area. For many years, they performed at the Towsley Auditorium at Washtenaw Community College. Ryder said the location works well because it is easily accessible from Ann Arbor and Ypsilanti freeways and has space for wheelchairs. Wild Swan also has touring performances that go to schools, libraries, and other communities, performing approximately 130 shows on the road each year.

As the enrichment coordinator at Angell School in Ann Arbor, Joan Singer coordinates activities that support the school's curriculum. She is grateful that Wild Swan makes theater accessible and affordable for school groups. She called Wild Swan a "premiere professional children's theater" and believes it is important for students to have the experience of a live, professional performance.

> For those who haven't seen Wild Swan Theater performances, it helps to know that "children's theater" doesn't mean performances by children. The actors are adults.

An added benefit of a Wild Swan production is the learning opportunities before and after performances. Singer said that teachers are very enthusiastic about the study guides. For example, *Shipwrecked*, a show about Shipwreck Alley on Lake Huron, has a 40-page study guide online that includes maps, letters, and even the lyrics of the "The Wreck of the Edmund Fitzgerald," a song about one of the most famous shipwrecks on the Great Lakes.

Shipwrecked has been performed at unique places rich with maritime history. A grant from the Michigan Humanities Council, an affiliate of the National Endowment for the Humanities, supported a tour to sites like the Great Lakes Shipwreck Museum in Whitefish Point and the Thunder Bay National Marine Sanctuary in Alpena. This summer it will be performed in the Upper Peninsula.

The Power of Music

Live music is something that Wild Swan followers are accustomed to enjoying. Cohen said, "Music is another language to add to the piece." The music is original with a few exceptions, like the production of *Little Women* that benefited from using pieces composed during that time.

Continued on page 70

In addition to a special line up of performances at Washtenaw Community College, Wild Swan Theater tours with several shows. *Under the African Sky* includes a collection of African tales performed through storytelling, acting, dancing and drumming and involves audience participation.
(Clockwise): Sineh Wurie, Sylvia White, Sandy Ryder, Jaclyn Morrow

The vast majority of their performances are in the Ann Arbor area…. Wild Swan also has touring performances that go to schools, libraries, and other communities, performing approximately 130 shows on the road each year.

Photo by Joni Strickfaden

Written by Ann Arbor playwright Jeff Duncan, *Shipwrecked!* was created to tell a good story and motivate theatergoers to discuss and learn more about protecting our Great Lakes.
(Front Row): Sandy Ryder, Jeremy Salvatori
(Back Row): Hilary Cohen, Sebastian Gerstner, Michelle Trame Lanzi, Jamie Fidler, David Mosher

Wild Swan Soars

Continued from page 69

Cynthia Page-Bogen teaches vocal music at Ann Arbor's Lawton Elementary. She has been a fan of Wild Swan Theater for 30 years. During the 20 years of her career when she taught at Burns Park Elementary, Wild Swan would visit the school every year to perform for the students. It is impossible for Page-Bogen to choose a single favorite show or favorite music because she has so many favorites. She said, "I love that live music is part of it."

Musicians are visible during Wild Swan productions and Cohen said it is "very important for kids to see what makes the music." She appreciates the wealth of local talent, adding, "It is such a lovely thing about Ann Arbor." Among the many nationally known musicians who have been part of Wild Swan productions is Peter "Madcat" Ruth, who performed for *The Spirit of Harriet Tubman* in 2012.

Becoming Part of the Story

Page-Bogen also appreciates the audience participation and the fun question and answer session the actors and musicians have after a show.

Cohen said, "A pretty bare stage is one of the hallmarks of our plays. The audience enters in through their imaginations and fills things in themselves." For example, music helps the audience imagine a tremendous storm in *Shipwrecked*.

The "Talk Back" session after school performances provides a chance for students and teachers to have their questions answered. *Hawk, I'm Your Brother* is a play about a Native American boy, Rudy Soto, who longs to fly. At a pivotal moment when Rudy decides to let the hawk fly free, the puppeteer for the bird is in full view, yet a student in the audience was so immersed in the action that he asked, "How did you make the hawk fly?"

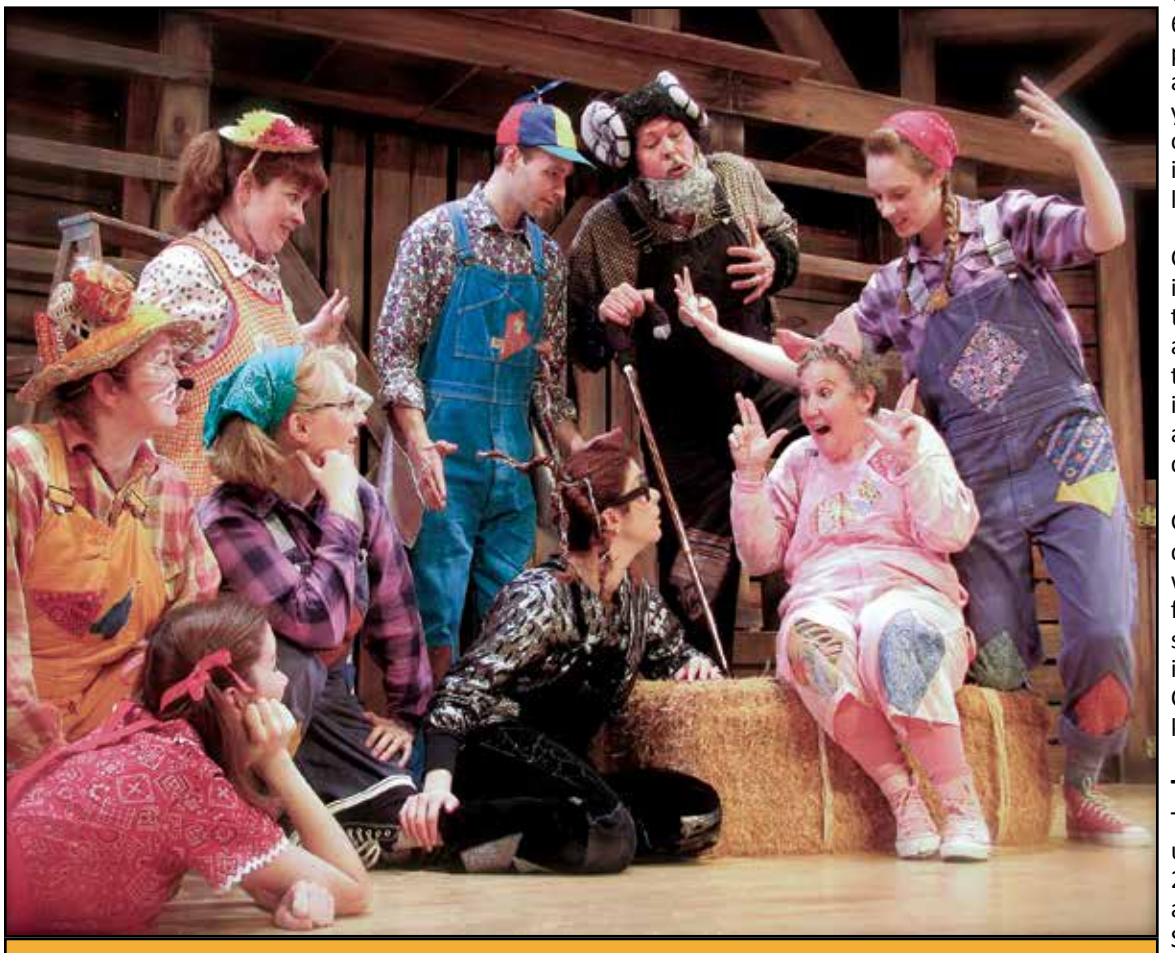
Cohen said, "The questions are wonderful. Sometimes they are funny. Sometimes they are moving." Some questions don't have answers. As an example, Cohen relayed the plot of one of Wild Swan's shows, in which three children, transported through Ann Arbor on the Underground Railroad to leave a life of slavery, spend a night in a barn on their way to Canada. The play ends without the audience knowing whether the children get to Canada, leaving the students to contemplate what happened. She said that uncertainty is a great teaching moment.

Wild Swan productions have unique opportunities for audience participation. In some shows, the audience interacts with the performers, like in *Jack in the Beanstalk* when Jack asks the audience for advice. During *Under the African Sky*, the audience learns dances and chants that they do in their seats. The audience creates a "spring like" atmosphere for *Frog and Toad* by making sounds of spring animals and creating the sound and motion of wind to help Frog and Toad fly their kite. In *Owl's Winter*, the audience creates a surprise for the main character. Owl keeps checking his mailbox, which is empty for most of the show. Toward the end of the show, the audience is asked if they would like to send a letter to Owl. The ushers pass out paper and crayons to everyone so they can write a letter to Owl. It is a very magical moment when Owl checks his mailbox and finds it overflowing with all of the letters.

Photo by Joni Strickfaden

Sandy Ryder and Hilary Cohen

Musicians are visible during Wild Swan productions.... Among the many nationally known musicians who have been part of Wild Swan productions is Peter "Madcat" Ruth, who performed for T*he Spirit of Harriet Tubman* in 2012.



Making a Story Come Alive. You might know the story of Jack and the Beanstalk, Peter Rabbit, and Charlotte's Web, but experiencing it as a Wild Swan Theater production invites a whole new appreciation of each classic story. Here is the Charlotte's Web cast pictured in 2010. (Front Row): Anne Marie Damman, Lise Lacasse, Rebecca Brunner, Laura Croff, Sandy Ryder (Back Row): Michelle Trame Lanzi, Jeremy Salvatori, Mark Hammell, Jamie Fidler.

Wild Swan also offers a variety of workshops throughout the year for different ages and abilities, including people with developmental disabilities. There are even special workshops for teachers. They also offer a series of popular summer camps. In all of the workshops and camps, the Wild Swan staff work to provide a safe and comfortable way for participants to explore the imaginative world of theater.

Creating Community

Michelle Trame Lanzi became the company manager in 1991, dividing her time between managing Wild Swan's touring program and appearing in productions. She said Cohen and Ryder are like family to her, and the great spirit of collaboration extends to the actors, writers, and musicians.

For those who haven't seen Wild Swan Theater performances, it helps to know that "children's theater" doesn't mean performances by children. The actors are adults. Wild Swan has a suggested age range for each show based on the content, but the shows are also entertaining for adults.

Marie Cregar and her children Grace, age 10, and Dylan, age 6, have attended Wild Swan productions since Dylan was a baby. Cregar said, "I think if you have kids in elementary or middle school, Wild Swan is one of the best things about living in Ann Arbor."

Cregar said that the seamless integration of interpreters for the hearing impaired creates a sense that "we're all part of this." She said that Wild Swan is very inclusive. "Kids walk away with a wonderful sense of community."

Grace has enjoyed the summer camps and after school workshops. Dylan is looking forward to going to camp this summer too. "Wild Swan is an important part of our lives," Cregar said. "They make every kid feel special."

Transitions

The past year has had some unexpected hurdles. In March 2012, after five years of leasing a space on Maple Road, Wild Swan was abruptly told by their landlord to vacate its space in 30 days. The news was particularly troublesome because it was a month when there was literally one day available for packing and moving.

Instead of focusing on the difficulty of the situation, Lanzi shared how much they

Photo by Myra Klarman

A middle school student in the Commedia Dell'arte summer camp plays the character Brighella.

Parents who grew up with Wild Swan are now bringing their children to shows.

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Photo by Myra Klarman

Set in 1893, *Shipwrecked!* brings the audience on a journey with a Detroit family of three who sail on Lake Huron and face one of the treacherous November storms that have over the years imperiled thousands of ships on the Great Lakes.
(Front Row): Brett Radke, Sandy Ryder (Back Row): Jeremy Salvatori, Jamie Fidler

felt the support of the community, especially the local theater community. Ryder said, "It was a good lesson in how amazing this town is."

Joanna Hastings, head of Summers-Knoll, a small, independent elementary school on Platt across from County Farm Park, offered them space. "We owe a lot to Joanna Hastings," said Ryder. "We love Summers-Knoll." Summers-Knoll already had existing plans for using that area in 2013, so as soon as Wild Swan moved in the team began looking for new home.

After an extensive search, they found their new location on Jackson Road. The new space includes two studios. One studio is for Arts in Motion Dance Studio and Wild Swan and Arts in Motion share the other.

Like many non-profits, Wild Swan Theater's budget has been adversely impacted by the poor economy. Large grants that they were able to count on for many years are no longer available to anyone. Ryder said, "Individual businesses and individual people are the reason we are still alive." Because cuts to school funding have reduced the number of school performances and workshops for kids with disabilities, the Wild Swan team is always in search of donors to support these programs.

Wild Swan Theater has two major fundraisers each year. Every October there is a benefit concert at The Ark featuring the talented musicians who have been part of Wild Swan productions. Cohen said, "We love that everybody who performs has worked with Wild Swan." The other is their biggest fundraiser, the annual Chocolate Crush in February. Chocolate is one of the highlights of the evening, but the live and silent auctions help raise money that is critical to staying afloat.

Commitment to Its Mission

After three decades in the community, Wild Swan has established a strong legacy. Parents who grew up with Wild Swan are now bringing their children to shows.

Cohen said about Ryder, "It is a beautiful partnership, and we have learned a lot from each other." Cohen added, "Sandy and I feel so grateful to do this work we love."

Ryder chuckled when she said that 33 years ago they "never dreamed it would last this long." Clearly Cohen and Ryder still have the same passion and enthusiasm for creating the best theater possible that they started with three decades ago. Whether it a workshop, a camp, or a performance, Wild Swan Theater is telling stories that give audiences of all ages the opportunity to join, imagine, wonder, and enjoy.

The 2012-2013 season ended with performances of Charlotte's Web *in April. The 2013-2014 season begins in September. Information about purchasing tickets, enrolling in camps and classes, and details about fundraising events are available on their website, www.wildswantheater.org.*

A Unique Summer Camp: Fresh Air and Fairies

Stephanie Boyd and Campers

By Sandor Slomovits
Photos by Elizabeth Boyd

"The fairies came to me my freshman year of high school." That's Stephanie Boyd describing the inspiration that jump-started her own art and, since then, through her annual Fresh Air and Fairies Camps, the artistic growth of many young children. Of course, in saying "The fairies came to me…" Boyd is not relating an actual visitation by fairies. Rather, she is vividly recalling a long plane ride from Michigan to Montana seven years ago, during which she drew two fairies in her sketchbook. "It soon became a happy passion for me," Boyd said.

She continued her flight of fancy, drawing the fairies all the time, even surreptitiously during non-art classes at the Rudolf Steiner High School. Soon her art teacher there, Elena Efimova, suggested she exhibit her drawings. That exhibit led to Boyd's creating a fairy calendar and note cards and selling them at the school's annual Holiday Bazaar. So genuine and convincing were her drawings that children, and even adults, asked her, "Have you ever seen a fairy?" She began drawing the fairies with children she babysat. "One boy went on to paper his entire room with pictures of Michigan sports fairies (Michigan hockey fairy, Michigan basketball fairy)," Boyd said. Parents began asking her to teach their children how to draw fairies.

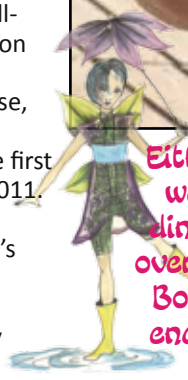
Simultaneously with her passion for drawing fairies, Boyd was also nourishing her musical abilities.

Simultaneously with her passion for drawing fairies, Boyd was also nourishing her musical abilities. Already an accomplished violinist and composer in high school, Boyd, now 22, is in her final semester studying composition at Roosevelt University in Chicago. And lest you think that someone who talks about hosting visits from fairies is not well-grounded in practical life, think again. In addition to her artistic endeavors, Boyd has also shown an energetic entrepreneurial spirit. That impulse, along with a strong sense of wanting to foster creativity in young people led her to create the first Fresh Air and Fairies Camp in the summer of 2011.

The weeklong summer camps are held in Boyd's parents' backyard and house on the western outskirts of Ann Arbor. The large, hilly yard, surrounded by tall trees and bordered by a dry creek bed, is an ideal setting for the camp's focus — allowing and encouraging young people's imaginations to roam and bloom. Young campers go on nature walks; learn to identify trees, shrubs, and flowers; and build and decorate fairy houses using twigs, leaves, and moss. Boyd, who is tall, with light brown hair framing the dewy good looks you'd expect of one who communes closely with fairies, flits between her young charges, asking open-ended questions such as, "What do you think a fairy would use this for?" The answers are delightful; strawberries and roses are fairy lipstick, dew is fairy lip-gloss, and Boyd's favorite came from a little girl who held up a pinecone and said, "Look! A fairy chandelier!"

So genuine and convincing were her drawings that children, and even adults, asked her, "Have you ever seen a fairy?"

Fairy by Stephanie Boyd



Either in the shade of a tall tree or, when weather does not permit, in the Boyds' dining room, the young fairy artists bend over their drawings and work intently while Boyd moves between them, offering soft encouragement, "Very good. Fairy good!"

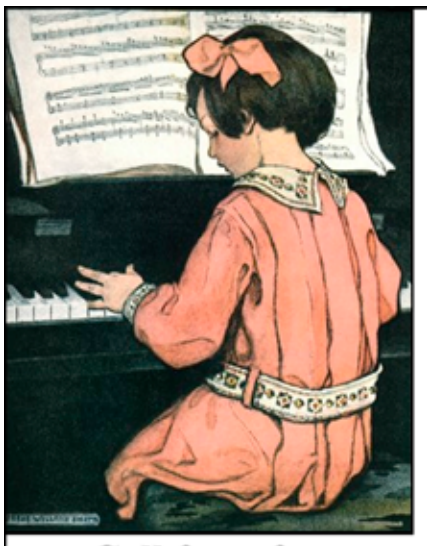
And the children learn to draw fairies. Either in the shade of a tall tree or, when weather does not permit, in the Boyds' dining room, the young fairy artists bend over their drawings and work intently while Boyd moves between them, offering soft encouragement — "Very good. Fairy good!" And she also answers questions. "How do you know where to draw the shadows?" asks a little girl. Boyd replies, "If the sun is up here, what part doesn't the sun reach?"

As the children draw, soft music plays in the background; "Dance of the Sugar Plum Fairies," of course, or one of Boyd's own compositions. "I won a competition in Chicago last year and now have a really great recording of a string orchestra piece based on my Fairy Camp nature walks. I use this during quiet drawing sessions — there are also loud drawing sessions — to help children's imaginations wander."

Continued on next page

Friday is fairy dress-up day at Fresh Air and Fairies Camp. The children come in tutus or fancy flowing dresses, wear tiaras or silk flowers in their hair, and carry wands decorated with streamers; and everyone, including Boyd, sports fairy wings.

This summer, in addition to leading several Fresh Air and Fairies Camp sessions in Ann Arbor and in Chicago, Boyd will also be Composer in Residence at the Cremona International Music Academy in Italy.

Fairy by Stephanie Boyd

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Fairy Camp article (continued)

Friday is fairy dress-up day at Fresh Air and Fairies Camp. The children come in tutus or fancy flowing dresses, wear tiaras or silk flowers in their hair, and carry wands decorated with streamers; and everyone, including Boyd, sports fairy wings. At the end of the final session, parents are invited to view their children's creations, and the campers get to "take home their own *How to Draw Fairies* book that shows their own drawings of fairy eyes, ears, all types of fairy wings, fairy hair, etc.," Boyd said.

Boyd's experiences in leading her Fairy Camps have also inspired her to begin teaching composition to middle-school and high-school students. Last summer she was Composer in Residence for the Pioneer Orchestra Interlochen Camp and also for the JVL Summer School of Performing Arts in Canada. This summer, in addition to leading several Fresh Air and Fairies Camp sessions in Ann Arbor and in Chicago, she will also be Composer in Residence at the Cremona International Music Academy in Italy. "Though the students in the music and Fairy Camps differ in age, I teach with the same approach: to listen first to their own creative intuition." In her own art, compositions, and teaching, Boyd said she seeks to "bring whimsical worlds to life, and refresh and strengthen the creative spirit."

For more information about Stephanie Boyd and her Fresh Air and Fairies Camps, please visit freshairandfairies.com, or write to freshairandfairies@gmail.com.

Crazy Wisdom Kids

The Crazy Wisdom Community Journal
Events Calendar for Kids
May through August 2013

Children & Young Adults

Mother's Day Fairy Tea at Crazy Wisdom Tea Room • May 12, 1 p.m. • Children and their families are welcome for tea and petit fours served by real fairies! Celebrate with our magical fairies as they serve tea and treats. There will be story time with books available from Crazy Wisdom Bookstore and a special Mother's Day craft. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email kristen@crazywisdom.net or crazywisdom.net.

Spring Festival at Community Farm of Ann Arbor in Chelsea • May 11, 9 a.m.-4 p.m. • A maypole dance, live music, fresh bread from the brick oven, and hay rides. All are also invited to spruce up the farm. Free. Call 433-0261.

Walk & Wag and Run with Humane Society of Huron Valley • May 18, 9:30 a.m.-2 p.m. at Rolling Hills Park, Ypsilanti • Join the Humane Society of Huron Valley for their largest fundraiser of the year. To register, contact hshv.org/walkandwag; 661-3536.

Horse Shows at Cobblestone Farms • May 19 and June 2, 9 a.m.-late afternoon • Horses and riders perform dressage, stadium jumping, and cross country riding. Free. Call 476-6972.

Dressage at Waterloo Hunt Club in Grass Lake • May 31-June 2, 8 a.m.-5 p.m. • View competitive equine ballet by skilled regional horses and riders, highlighted by graceful freestyle routines set to music. Bring your own lawn chairs; no pets. Concessions available. Free. Call 426-2088.

Dig Into Reading: Chelsea District Library Summer Reading Kickoff • June 7, Noon-2 p.m. • Registration begins for the children's, teen, and adult summer reading programs, with a variety of activities TBA. Free. Call 475-8732.

Glimpses: People of Our Community at University of Michigan Museum of Natural History • Daily through July 7 • This exhibit features 22 large-format portraits that capture people around Washtenaw County. Free. Call 764-0480; ummnh.org.

Diabetes: A Deeper Look at Michigan Science Center • Wednesdays-Sundays through May 26 • Walk through a giant blood vessel and check out interactive displays and more at this exhibit. Free with admission: $12.95/adults, $9.95/ages 2-12. Call 313-577-8400; mi-sci.org.

Bodies: Human Anatomy in Motion at Michigan Science Center • Wednesdays-Sundays through May 26 • Get a closer look at the human body with 100+ authentic human specimens. Free with admission: $12.95/adults, $9.95/ages 2-12. Call 313-577-8400; mi-sci.org.

Extreme Deep at Cranbrook Institute of Science • Daily through May 26 • This exhibit unveils the mysteries of the ocean. $9.50-$12.50. Contact science.cranbrook.edu.

Designing Tomorrow: America's World Fairs of the 1930s at Henry Ford Museum • Through Sept. 2 • See some 150 artifacts from vintage fairs. $17 adults, $12.50 ages 5-12 or free for ages 4 and under. Call 313-982-6001; thehenryford.org.

Henry Ford's 150th Birthday at Henry Ford Museum • Till December • Celebrate with a variety of activities. $17 adults, $12.50 ages 5-12 or free for ages 4 and under. Call 313-982-6001; thehenryford.org.

Made in America at Plymouth Historical Museum • Wednesdays-Sundays through June 9 • This exhibit highlights America's contributions to industry with a special emphasis on the mitten state. Call 734-455-8940; plymouthhistory.org.

Visions of Our 44th President at The Wright • Tuesdays-Sundays through Aug. 4 • Forty-four contemporary artists from across the country created interpretations of a bust of Barack Obama. $5-$8. Call 313-494-5800; thewright.org.

Tinker, Hack, Invent at Henry Ford Museum • Last Saturday of each month through Dec. 28 • The Henry Ford celebrates innovation with hands-on activities, workshops, and presentations. $12.50-$17. Call 313-982-6001; thehenryford.org.

Chelsea District Library Ongoing Events • Free, with pre-registration requested. Call 475-8732.
Babytime • Tuesdays, 10:30-11:15 a.m. • Staff presents a program of songs, stories, and rhymes for kids under age 2, accompanied by a caregiver. **Toddlertime** on May 2 and June 6, which features a program for toddlers about letters, numbers, colors, and shapes.
Spring Storytime • Wednesdays, 10:30-11:15 a.m. • Librarians present a program of stories, songs, fingerplays, and craft activities for kids ages 2-6, accompanied by a caregiver.
6-11 Club • May 1, 3:30-4:30 p.m. • Kids ages 6-11 invited for games, crafts, and other activities related to race cars, with a chance to meet 2003 Automobile Racing Club of America Rookie of the Year Bill Eversole and sit in his race car.
Read to the Library Dog • May 17, 3:30-5 p.m. • All beginning readers ages 6-11 invited to read one-on-one for 10 minutes to a dog trained to act as if it's listening.
Lego Club • May 6, June 3; 3:30-4:30 p.m. • All kids ages 5-12 invited to play with the Library's Lego collection to see what they can make.
Dungeons & Dragons • Tuesdays and Thursdays, 4:30 p.m. • All teens and adults invited to play this popular role-playing game.

Dexter District Library Ongoing Events • Free with pre-registration requested. Call 426-4477.
Spring Storytimes for Toddlers: Mondays, Wednesdays, Thursdays; 10:30 a.m. • For ages 18 months-3 years.
Storytimes for Preschool: Mondays, Thursdays; 11:30 a.m. and Tuesdays, 1 p.m. • For ages 3-5.
Teens DIY • 11 a.m. • All youth grades 5-12 invited to make crafts. May 11: Mother's Day card and homemade hand scrub. June 8: Father's Day card and candy dish.
Movie and Popcorn for Kids • May 24, 1 p.m.
Lego Club • May 7, June 4; 4 p.m. • All kids ages 4 and up invited to make Lego creations.
Book Club Party • May 15, 4:30 p.m. • All kids in grade K-5 participating in Super Stories, Crafty Readers, and Book Snackers book discussion groups invited for activities. Refreshments.
School's Out Teen Party • June 7, 1-3 p.m. • All youth grade 6-12 invited for crafts, snack, and a movie.

Grange Junior Makers at Pittsfield Grange • May 18, 10 a.m.-Noon • Kids, accompanied by an adult, are invited to work on electronics, robots, and woodworking projects TBA. Free. Call 926-5079.

Family Dance at Pittsfield Union Grange • May 19, 2-4 p.m. • All kids, accompanied by an adult, are invited for contra and square dancing with live music. $12 per family. Call 926-5079.

Butterfly Festival at Museum of Natural History • May 18 • See live butterflies and learn about their life cycle and lifestyles of butterflies at this enjoyable spring event. Help with planting in the Museum's Butterfly and Pollinator Garden, and make a craft to take home. For times, call 764-0478; lsa.umich.edu/ummnh.

Girls B Well Week at Rudolf Steiner Health Clinic • July 8-12, 9 a.m.-4 p.m. • This camp educates girls ages 9-13 on nutrition and life skills that support healthy habits. All cooking lessons include hands-on cooking and food preparation, nutrition concepts, and reading labels. Lunch is included and consists of our delicious creations! Each girl will also make their own artistically presented collection of vegetarian recipes to take home. The program focuses on nutrition awareness, kitchen skills, creative expression through music, arts, theater, and movement, improving self-esteem, and having fun outdoors. $279 with financial assistance available. Call 663-4365; steinerhealth.org/events/girls-camp or info@steinerhealth.org.

Kids' Herbal Medicine Making Workshop with Anna Fernandez • May 25, 10-Noon • For kids ages 6-14, come learn the basics of making herbal medicines. We will make teas, oils, salves, glycerites, syrups, and more! Kids will go home with a little herbal pharmacy. $25 plus $20 materials fee. Parents welcome with no charge. Call 395-5868; mother.bloom@yahoo.com or motherbloom.com.

Drumming Classes with Tree of Life Cultural Arts Studio • Tuesdays, 4-5 p.m. for kids ages 8-12; Tuesdays, 7:30-9 p.m. for teens and adults • Harmonious repetition of natural rhythm creates healing energy and puts us in touch with ourselves, and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from West Africa as well as how to listen and improvise within the structure created. $12 or $15 drop-in or discount options of pre-registered. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Dance Classes for Kids at Tree of Life Studio • Various classes offered through the Summer • Classes include Creative Movement, Hip Hop, Belly Dance, Jazz, Rhythm Tap, and Dance Basics. $12 drop-in. For more information, call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Parent-to-Parent Support at Center for Childbearing Year • Wednesdays, 10-11:30 a.m. • Informal, free, drop-in group for moms, dads, partners, babies, and toddlers. Discussion topics and play time each week. All welcome. Free. Call 663-1523; center-4cby.com.

Breastfeeding Cafe at Center for Childbearing Year • Fridays, 10-11:30 a.m. • Informal, free, drop-in groups meets weekly. Breastfeeding moms and babies welcome. Free. Call 975-6534; center4cby.com.

Dancing Babies with Gari Stein at Ann Arbor District Library • May 18, 10 a.m. • Sing and dance along based in traditional folk music for infants to age 5 and the grown-ups who love them. Nurture development and enjoy simple activities to do together at home. Share hugs, laughter, and more. Free. Call 741-1510; garistein@aol.com or little-folks-music.com.

Sing With Me with Gari Stein • April 23-June 27: Tuesdays, 9:30 or 10:45 a.m. or Wednesdays, 9:15 or 10:45 a.m. • Research based program presented in the richness of traditional folk music that nurtures development, learning, literacy, the family bond, and provides parenting resources and snack and chat. Bounce, chant, do fingerplays, folk dance, and instrument exploration. $130 for 10 wks includes four cds with financial assistance available. Call Gari at 741-1510; garistein@aol.com or little-folks-music.com.

KinderConcert: Music and Motion with Ann Arbor Symphony, Gari Stein, and Adrienne Clark • May 10 and 13, 9:30 and 10:30 a.m.; May 11, 10:00 a.m. • This classical concert, featuring Kurt Civilette and the french horn, is for children ages 2-6 to listen, watch, dance with flowers and scarves, and participate in a library setting. Free. Call Gari at 741-1510; garistein@aol.com, little-folks-music.com or a2so.com.

Choice Carnival with Leslie Science and Nature Center • July 20, 1-3 p.m. • Ask any camper and they will say that choice time and choice carnival are their favorite parts of camp week. You're invited to take part in a two-hour choice carnival full of the favorite activities of both our staff and our campers. $3. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Wilderness Awareness with Leslie Science and Nature Center • May 19, 6:30-8 p.m. • There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows, and swapping stories. One Sunday each month, we'll be stoking the fires here at LSNC and we'd love for you to join us! We'll provide the campfire and marshmallows so all you need to do is grab the family, camp chairs, and the rest of your s'mores fixings. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Go Go Geocaching Fun! with Leslie Science and Nature Center • May 11, 9-11 a.m. • Embark on a high tech treasure hunt - bring your own GPS unit or borrow one from LSNC. We'll have an introduction to geocaching, then if you're a veteran cacher, you can grab the coordinates and start the adventure right away. Along with finding the program caches, you can also log the four onsite caches always onsite for your "smiley". $6 each or $21 per family. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Tiny Tots and Tykes Programs through Leslie Science and Nature Center • Caregiver required to attend. Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Rain, Rain, Don't Go Away! for Ages 1-3 • May 10, 10-11:30 a.m. • Rainwater is wonderful! We'll learn why using stories, crafts, and free play. $7.
Nature Tales: Salamander Tales for Ages 1-5 • May 18, 10-11 a.m. • Go in search of the perfect salamander habitat after we read a salamander story. $2.
Butterfly Magic for Ages 1-3 • May 24, 10-11:30 a.m. • Baby butterflies grow and change from a crawly caterpillar to a rainbow-winged flyer. Story time, games, and outdoor exploration will all work together to illsutrate the magic of metamorphosis. $7.
May Fly! for Ages 4-5 • May 9, 16, 23, 30; 1-2:30 p.m. • There are so many critters with wings and things that fly! We'll learn about a new winged friend each week and how they fly in order to survive. Caregiver not required. $44.

Natural Options for Ear Infections with Nia Aguirre • July 13, 10-11:30 a.m. or 2-3:30 p.m. • Learn about non-drug, non-toxic, natural options to clear up your child's ear infections with vital minerals, topical applications, and massage techniques. $30. Call 883-7513; niaaguirre@aol.com.

Kids Clay Class with Yourist Studio Gallery • Mondays: April 22-May 20, 4:30-5:30 p.m. • This class is designed for kids ages 8-11. We will explore both hand building and the pottery wheel. $95. Call 662-4914; kay@youristpottery.com or youristpottery.com.

Major Reading Improvement with FAST Reading with Susan Major • Tuesdays, 7 p.m. • Join us for a demonstration of the FAST Reading Program that rapidly brings struggling readers to grade level. Free. Call 996-0702; samajor@comcast.net or majortutoring.com.

University of Michigan Museum of Natural History Programs • For more information, call 764-0478; lsa.umich.edu/exhibitmuseum.
Sun, Earth, Moon • Saturdays, 2:30 p.m. • Ever wonder why the constellations in the night sky change throughout the year? And why does the moon change its phase and appear at different places during the month?
The Sky Tonight • Star Talk: Saturdays, 11:30 a.m., 1:30, and 3:30 p.m.; Sundays, 1:30 p.m. and 3:30 p.m. • Bright stars, constellations, planets, and telescopic objects in the current night sky. $5.

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For more information contact Carol at carol@crazywisdom.net or visit www.crazywisdom.net

Crazy Wisdom Bookstore and Tea Room
114 South Main Street, Ann Arbor
734.665.2757 • www.crazywisdom.net

Free Dinosaur Tours • Saturdays and Sundays, 2 p.m. • A free, 30-minute docent-led tour of the dinosaur exhibits. Sign up on the day of the tour. Limit 15 people.

Super Saturday Storytime at Ypsilanti Library • Saturdays, 10:30 a.m. • Stories, songs, and a simple craft for pre-schoolers to older children. Free. Call 482-4110; ypsilibrary.org.

Children's Storytime at Nicola's Books • Saturdays, 11 a.m. • Stories for children ages seven and under. Free. Contact 662-0600; nicolasbooks.com.

March to Help Babies with March of Dimes • May 5 at Hudson Mills Metropark • As we celebrate our 75th anniversary at March for Babies, we invite you to join us! Sign up to raise money and walk to help moms in our community have full-term pregnancies and healthy babies. For more information, visit marchforbabies.org.

Take a Hike • May 2, 7-8:30 p.m. • Explore the Bird Hills Nature Area with Ann Arbor's Natural Area Preservation. Dress for the hiking and weather. For more information, call 327-4265; aadl.org.

Girls on the Run • May 19 • Girls on the Run educates and prepares girls for a lifetime of self respect and healthy living. Anyone who wants to run, walk or skip to the finish line is welcome! For more information, visit girlsontherunsemi.org.

Yoga and Meditation Summer Camps for Kids with Ema Stefanova and Staff • Session I: July 8-12 and Session II: Aug. 12-16; 10:30 a.m.-12:30 p.m. for ages 8-12 and 12:45-2:45 p.m. for ages 13-17 • Register early and seize this truly unique opportunity to learn and experience authentic yoga and meditation in fun ways! Classes are designed to enhance self-awareness and self-management, balance mind and body, and develop concentration, relaxation, and visualization through practicing safe and intelligent yoga. Students will also hear about the lives of great yogis and the history of yoga, create art, ask questions, and more. $199 early registration. Call 665-7801; emastefanova@cs.com. or yogaandmeditation.com.

Crazy Wisdom Kids

White House Says
Time to Live Healthier!

Yoga is at the top of the headlines as the White House's annual Easter Egg Roll festivities today included a Yoga Garden on the Presidential lawn. Parents and children attending the celebration were invited to enjoy a session of yoga in keeping with the event's theme of 'Be Healthy, Be Active, Be You!'

First lady Michelle Obama, herself a yoga enthusiast, has long been active in combating obesity and encouraging health and fitness for children especially with her Let's Move campaign. The White House has also taken a further step in announcing a Presidential Active Lifestyle Award (PALA), an Obama White House Challenge designed to motivate Americans to make healthy eating and physical activity part of their daily life.

In the wake of recent controversies in California over whether yoga has religious associations, the White House stated, "Yoga has become a universal language of spiritual exercise in the United States, crossing many lines of religion and cultures. Every day, millions of people practice yoga to improve their health and overall well-being. That's why we're encouraging everyone to take part in PALA, so show your support for yoga and answer the challenge."

The benefits of yoga for all aspects of life have been known for thousands of years, and now modern research is reaffirming this knowledge. For those suffering from obesity, low energy, or just a lack of motivation, yoga is the perfect tool to live a healthier and happier life. And don't worry – it's not all about bending and stretching! The Inner Engineering program teaches an Isha yoga practice which scientific studies and surveys of practitioners have proven increases energy levels, provides relief from food craving and addiction, alleviates obesity and many chronic ailments, as well as improving overall mental and emotional health.

Isha yoga uses the breath and the body's energy, and the Inner Engineering practice brings the entire system into alignment so that body, mind, emotions and energies function in harmony.

A study conducted on 536 practitioners showed that 79% experienced increased energy levels, allowing them to perform better and feel better throughout the day.

In a health survey of over 500 practitioners, respondents reported remarkable improvement in their disease status and reduction in medicine usage for many chronic diseases which often prevent people from living actively and joyfully. 41% experienced improvements in obesity, and 67% were able to discontinue medications for the ailment. Relief from thyroid dysfunction and fibromyalgia, which cause many people to experience lower energy levels, as well as many other chronic ailments were also clearly shown.

So if you're ready to take up the challenge the White House has given and experience health and wellbeing in every aspect of your life, the yoga practices offered in Isha's Inner Engineering program are a powerful tool to achieve your goals. Increased energy levels and relief from ailments can help you live a more active, healthy, and joyful life every day!

To learn more about Inner Engineering, visit

www.InnerEngineering.com

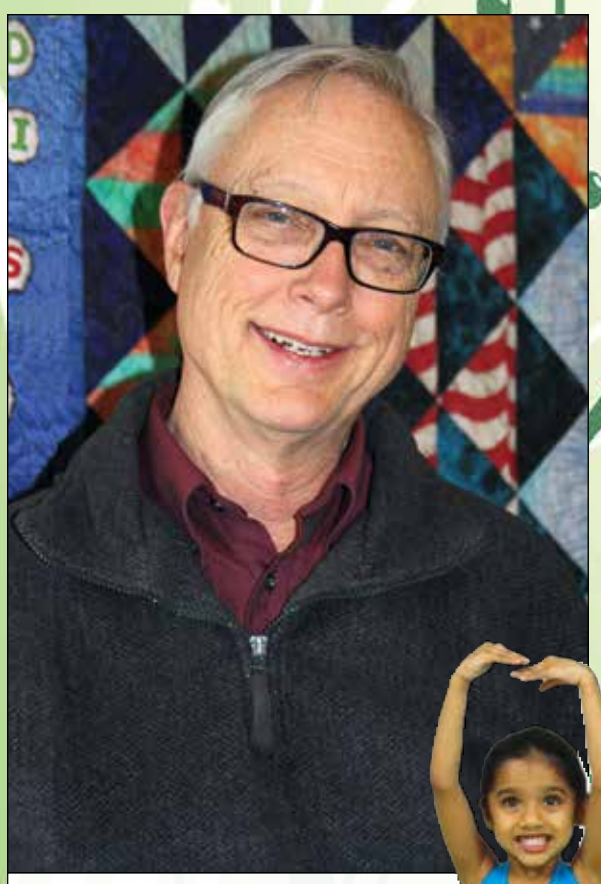
www.IshaUSA.org

www.youtube.com/IshaInnerEngineering

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops and Events

MAY through AUGUST 2013



Jim Jones on **Co-ops** on Page 32

Young Dancers at ***Arts in Motion*** on Page 62

Sandy Ryder and Hilary Cohen of ***Wild Swan Theater*** on Page 68

Leslie Blackburn on **Sacred Sexuality** on Page 82

Joel Robbins on **Qigong** on Page 108

The Crazy Wisdom Calendar

Illustration by Sara Van Zandt

Addiction & Recovery

From Fear to Faith with James Balmer and Jason Schwartz of Dawn Farm • May 28, 7:30-9 p.m. • This program will describe the evolution of the addiction treatment field and illustrate how rejecting fear-based program management in favor of mission-driven choices have allowed Dawn Farm to survive and thrive. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org.

In the Doctor's Office: Recovery Friend or Foe? with Mark Weiner and Matthew Statman of Dawn Farm • May 21, 7:30-9 p.m. • This program will discuss how health-care providers can be allies for people in recovery from addiction and how recovering people can take responsibility for their physical health. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org.

Animals & Pets

PetMassage WaterWork Workshop with Jonathan Rudinger • May 20-24 or Aug. 5-9 • Create a profoundly rewarding business helping dogs with PetMassage WaterWork. It is a perfect addition to all canine rehabilitation, weight loss, conditioning, behavioral training, and palliative care programs. In this new field of canine rehab, two procedures are prominent in practically every program: massage and swimming. $1,500. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

PetMassage Foundation Workshop in Canine Anatomy and Business Marketing with Jonathan Rudinger • June 6-10, July 18-22 or Aug. 15-19 • You will understand the roadmap to creating and marketing your canine massage business: the theory, techniques, vocabulary, culture, and vision of PetMassage. Become aware of body mechanics, learn to understand and provide for diverse canine needs, learn various complementary bodywork techniques, and understand basic dog anatomy and physiology as it applies to canine massage. $1,700. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

PetMassage Advanced Workshop with Jonathan Rudinger • July 8-13 • This workshop will reinforce and expand on foundation theory and applications, and provide additional training in body mechanics, energy practices, TCM, canine anatomy, physiology, and pathology. This will help students qualify and prepare for the NBCAAM test for national certification, 100 hours toward your 200 hour contact hour requirement, and track toward becoming a licensed instructor. $1,700. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Friends of Wildlife Basic Wildlife Rehabilitation Workshop • April 27, 9 a.m.-3 p.m. • Training to raise, rehabilitate, and release orphaned and injured wildlife. $25 per person or $35 for two people. Call Gail at 665-8407; friendsofwildlifeMI@gmail.com or friendsofwildlife.net.

Basic Animal Communication with Judy Liu Ramsey • June 21, 7 p.m.-June 23, Noon • Rediscover your innate ability to communicate with animals telepathically. This class will offer step-by-step support to help you solve problems with your animal friends, provide healing and death support, and increase the quality of your life together. It is an approved Penelope Smith basic communication class. $150. Limited to 12 participants. Call 665-3202; judyramsey777@yahoo.com or hearttoheartanimalcommunication.net.

Anthroposophical Medicine

Support Retreat at Rudolf Steiner Health Center • July 1, 10 a.m.-7 p.m. and July 2-5, 8:30 a.m.-7 p.m. • This weeklong support retreat offers housing, meals, group therapies, and medical care to qualifying patients. The program includes a shared room, organic vegetarian meals, three physician visits, basic prescribed Anthroposophical remedies, group therapies such as movement, art, singing, and color therapy, nursing treatments, educational evening presentations, storytelling, and biography work. Sliding scale fee. Call 663-4365; info@steinerhealth.org or steinerhealth.org/programs/support/.

Aromatherapy & Essential Oils

Be Young Essential Oils with Dana Young • June 14-15, 9 a.m.-5 p.m. • On Friday, we will present essential oils A-Z. Saturday's workshop to be determined. $50 per day. Call Barb at 517-914-4133; mcconb51@bigplanet.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 106.

Art & Craft

Weekend Drawing Marathon with Nick Reszetar and Nancy Flanagan • May 18, 9 a.m.-9 p.m. and May 19, 9 a.m.-6 p.m. with Exhibit and Reception on June 1-2 at Riverside Arts Center • An art workshop for students and professionals modelled after those at The New York Studio School. Large-scale, mixed media drawings with a 7:1 student/teacher ratio, live models, a huge studio, critiques, and presentations. Space is limited. $200 or $175 for students. Call Nick at 717-7333; nreszetar@comcast.net; facebook.com/events/442011079201157.

Meditation by Design with Joanne Bellaire • July 17, 10 a.m.-3 p.m. • This workshop presents a method of doodling with a purpose. In a few hours, you will learn to create a pleasing tile of art that is relaxing, aids your meditation, and will focus your mind in the present. $35 includes lunch and materials. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Beginning/Continuing Wheel with Yourist Studio Gallery • Thursdays: April 25-May 30, 12:30-2:30 p.m. or 7-9 p.m.; Mondays: April 29-June 10, 7-9 p.m. • Learn the basics of an ancient and fun practice that is not only challenging, but relaxing as well. We teach you everything from centering clay to making cups and bowls. You will also have an opportunity to glaze all the pots you make. $179. Call 662-4914; kay@youristpottery.com or youristpottery.com.

Coffee and Clay with Yourist Studio Gallery • Saturdays: April 20-May 25, 9:30-11:30 a.m. • All levels of experience are welcome to explore various methods of working with clay to make utilitarian objects that will adorn the dinner table. Beginners will be introduced to basic hand building skills and advanced students will be given more complex challenges with hand building. $179. Call 662-4914; kay@youristpottery.com or youristpottery.com.

Open Studio with Nancy Wolfe • Mondays or Wednesdays, 1-4 p.m. • Orange Door Studio is open to those who want to do visual work and/or writing in a shared studio setting. $115 monthly or $200 for both sessions. Limited enrollment available. Call 358-5857; nancy@nancywolfe.com or nancywolfe.com.

Astrology

Drop-In Astrology Readings with Alia Wesala in the Crazy Wisdom Tea Room • First and Third Saturdays of each month, 7-10 p.m. • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1 per minute. No appointment necessary. Call 719-0782; allfourangles@gmail.com.

Drop-In Intuitive Astrology Readings with Richard Weber in the Crazy Wisdom Tea Room • Second and Fourth Sundays, Noon-3 • Richard has studied astrology for over 20 years and given readings for more than ten years. This is a work of love for him and a tool he uses to help him understand himself, relationships, and life events. His experience with astrology has given him the ability to give insightful advice about relationships and life changing events. $1 per minute. No appointment necessary. Call 434-0804; richardmweber@sbcglobal.net.

Angels of Destiny with Robert Thibodeau through SMART • Aug. 25, 2-4:30 p.m. • Develop forecasting techniques using aspects from the outer planets to chart axis points. Learn how to embrace these challenges in a way that alters our reality, and can pave the way for new expressions of love, truth, and freedom. Robert will also offer comments on current events relating to thee transits and aspects. $20 or $18 members. Call Rodney at 879-0035; smartmich2010@gmail.com.

The Magic of the Elements: Astrology, Healing, and the Forces of Nature with The Aetherius Society • May 19, 2-5 p.m. • In this class, you will learn about the elements from an astrological and magical perspective, your predominant element, and how to use elements to understand yourself and others. You will learn about the "kings and queens" of nature. You can find keys to find your innermost essence and the dreams at the core of your being. $27. Call Chrissie at 248-804-9945; info@aetheriusmi.org or aetheriusmi.org.

Learning Astrology: The First Steps with Bon Rose Fine • Six Thursdays: June 20-Aug. 6; 7:30-9:30 p.m. • This class will offer beginning students a proper foundation in the basics of astrology. The meanings of signs, planets, and houses will be covered, and all students will receive copies of their own natal charts, as well as four extra charts of friends or family members. In addition, each student will be able to schedule a free hour of private tutorial with the teacher. $75. Call 434-4555; bonrosefine@comcast.net or crazywisdom.net/bonrosefine.htm.

Astrology: Cycles of Becoming with Karn Cornell • June 2, 9, 16, 23, and 30; 1-3 p.m. • This is an astrology class with a new twist for the novice and the experienced. We will explore the "feel" of energies and patterns of the planets through a lens of self discovery. The natal chart is the blueprint that reflects our individual uniqueness, and the patterns of the planets reflect patterns in life development. $150 pre-registered or $160, including a copy of the student's natal chart. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Great Lakes Astrology Conference • May 30-June 3 • This is the first annual astrology conference featuring astrologers from the U.S., Canada, and Serbia, held at Holiday Inn - North Campus. $240 includes conference and banquet. Call Richard at 434-0804; greatlakesastrology@gmail.com or greatlakesastrology.com.

The Lunar Mansions of Ibn Arabi with Joe Simon through SMART • June 23, 2-4:30 p.m. • Ibn Arabi, the sheik al-Akbar (greatest master) was born in 12th century Seville, a period of peace between the Christians, Muslims, and Jews. He had a mystical experience that encompassed the unity of himself, the planets, and the Arabic letters. His lunar mansion correspondences were formulated from his vision. $20 or $18 members. Call Rodney at 879-0035; smartmich2010@gmail.com.

Summer Barbecue with SMART • July 14, Noon-3 • Join area astrologers and friends at our third annual group picnic and potluck. Bring a salad, fruit/vegetable or dessert dish to share. Main course provided. Free. Call Rodney at 879-0035; smartmich2010@gmail.com.

The Planetary Hours: An Ancient Technique for Modern Times with Bon Rose Fine • Aug. 10, 2-5 p.m. or Aug. 17, 2-5 p.m. • It's not necessary to have any knowledge of astrology to learn that there truly is a time for every purpose, and using the planetary hours can help anyone effectively schedule activities, working in harmony with the universe. Participants will receive workbooks containing easy to understand and use lists of the planetary hours for the Ann Arbor area extending through October 2013. $20. Call 434-4555; bonrosefine@comcast.net or crazywisdom.net/bonrosefine.htm.

Auras & Chakras

Aura and Chakra Photos with Jack and Susan Lewis • May 18, 10 a.m.-5 p.m. • Learn how your aura affects the body, what the colors mean, and what the position of the colors tells you. Learn what affects the aura and how to increase your vibration. Add a chakra line and understand what areas you need to bring consciousness to. $30 aura photo, plus $20 to add the chakra photo. Call Pat at 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net or bodyworkshealingcenter.com.

Author Events

Book Signing and Talk with Puck Shadowdrake, author of *Magickal Manners: A Guide to Magickal Etiquette* • May 23, 7 p.m. at Crazy Wisdom Tea Room • Etiquette takes a special turn when you're talking about Wicca, Druidism, Asatru, and other pagan paths. How are you supposed to act during rituals? What are festivals all about? What if your children are interested in these religions? Join longtime Wiccan elder and ritualist Puck Shadowdrake to discuss these topics and more, and put to rest any fears you might have. All welcome. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Swami Saradananda, author of *Chakra Meditation: Discover Energy, Creativity, Focus, Love, Communication, Wisdom, and Spirit* • June 13, 7 p.m. at Crazy Wisdom Tea Room • Chakra meditations are simple yet powerful techniques that assist you in developing inner poise and keeping your life in balance. How smoothly your chakras function determines how fully you inhabit your physical body, the success of your relationships with the outside world, and how much inner peace you are able to enjoy. By using chakra meditations, you can keep your chakras free of blockages and fully operational. This talk offers simple, pragmatic ways to integrate chakra meditations into your daily life. All welcome. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Talk, Book Signing, and Social with The Aetherius Society • May 3, 7:30 p.m. • Book signing for the newly published, revised edition of the bestselling book, *Power Prayer* by Gary and Chrissie Blaze. Love offering. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Bodywork & Bodymind Therapies

BodyWorks Sampler Open House with Pat and Dave Krajovic • May 17, 6-8 p.m. • Sample some of the many services we offer, including amethyst mat, hot stone chair massage, cranial sacral, access consciousness BARS, reflexology, reiki, acupressure, sports massage, meditation, transformational breathing, and paraffin treatments for the hands and feet. $18 individual or $45 for three 15-minute sessions. Call 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net or bodyworkshealingcenter.com.

A Touch of Thai Massage with Kelly Kempter and Tatianah Thunberg • May 13, June 19, July 17, Aug. 21; 7-8:30 p.m. • Try your hand at Thai massage and join us for a playful, hands-on, 90 minute session. We will learn and practice basic Thai Yoga techniques as a giver and receiver. This class is open to all who are interested. No prior bodywork experience is necessary. $15. Call Kelly at 223-4156; a2bluelotus@gmail.com or bluelotusthai.com/classes/annarbor.html.

Advanced Thai Massage: Upper Body with Christopher Ray • May 18-19 • Deepen your practice by exploring the art of deep, therapeutic Thai bodywork. Maximize effect through using feet, knees, elbows, and the breath. 14 CEUs. $350. Call 906-362-6066; chrisray1111@yahoo.com; thaimassagebodywork.com.

Chi Nei Tsang Level 1 with Christopher Ray • May 16-17 • Chi Nei Tsang (abdominal massage) is one of the most profound forms of bodywork as it addresses all meridian lines passing through the abdomen. This work has incredible healing effects throughout the physical, emotional, and spiritual bodies. 14 CEUs. $350. Call 906-362-6066; chrisray1111@yahoo.com; thaimassagebodywork.com.

The Crazy Wisdom Calendar

Honoring All Spiritual Paths & Traditions...
Interfaith Center for Spiritual Growth
Be a light unto the world
704 Airport Blvd.,
Ann Arbor 48108
(Off State St., south of I-94 and Briarwood Mall)
• Sunday Celebration Services, 10:45 am–12:15 pm
• Children's Spiritual Education Program
• A Course in Miracles, Mondays 6:45–8:45 pm
• Monthly concerts & Lectures
• Weekly Groups & Meditations
• Bookstore & Library
734.327.0270
www.interfaithspirit.org

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Over 450 listings in 160+ categories.
The place to go for information about holistic practitioners in southeastern Michigan.
And if you are a practitioner, please join in.
It's easy to get listed - just register and you can include photos and multiple category listings.
And it's free.
www.annarborholistic.com

Book Discussion Group

Crazy Wisdom Monthly Book Discussion • Wednesdays: May 15, June 19, July 31, Aug. 21; 7 p.m. at Crazy Wisdom Tea Room • Each month, a different book is chosen for reading and discussion. All are welcome. If you're interested in the topic, it's fine to come to the book discussion even if you haven't read the book! Purchase each month's book before the discussion and receive 30% off that month's title. Discussion is free. For more information, call 665-2757 or info@crazywisdom.net or crazywisdom.net.
May 15: *Living Beautifully with Uncertainty and Change* by Pema Chodron, hosted by Bill Zirinsky • We live in difficult times. Life sometimes seems like a rolling, turbulent river threatening to drown us and destroy the world. Pema Chodron teaches that reacting with fear-based patterns keeps us from the more satisfying experience of being fully alive. When we learn to let go of our protective patterns, we see not only how much better it is to live that way, but we begin to naturally reach out to others in care and support.
June 19: *King Peggy: An American Secretary, Her Royal Destiny, and the Inspiring Story of How She Changed an African Village* by Peggielene Bartels and Eleanor Herman, hosted by Crysta Coburn • This books chronicles the astonishing journey of an American secretary who suddenly finds herself ruler of a town of 7,000 people on Ghana's central coast, half a world away. In the end, a deeply traditional African town is uplifted by the ambitions of its decidedly modern female king, and Peggy herself is transformed from an ordinary secretary to the heart and hope of her community.
July 31: *Detroit: An American Autopsy* by Charlie LeDuff, hosted by Jasmine Zweifler • If Detroit is America's vanguard in good times and bad, then here is the only place to turn for guidance in our troubled era. While redemption is on thin ground in this ghost of a city, this book is no hopeless parable. LeDuff shares an unbelievable story of a hard town in a rough time filled with some of the strangest and strongest people our country has to offer. *Detroit* is a dark comedy of the absurdity of American life in the 21st century, a deeply human drama of colossal greed and endurance, ignorance and courage.
Aug. 21: *Spontaneous Evolution: Our Positive Future (And a Way to Get There from Here)* by Bruce Lipton and Steve Bhaerman, hosted by Rachel Pastiva • Today's leading-edge science is shattering old myths and rewriting the story that will shape the future of human civilization. Pioneering biologist and bestselling author Bruce Lipton and political philosopher Steve Bhaerman offer a mind-expanding synthesis of science and society that explains why our planet is on the threshold of an incredible evolutionary event - the emergence of a new super-organism: humanity.

Jewel Heart Readers • May 14, June 11, Aug. 6; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Active Hope: How to Face the Mess We're In Without Going Crazy with Claire Maitre • Six Thursdays: May 2-July 11, 7-9 p.m. • A facilitated bi-weekly teaching and discussion group including group exercises from the work of Joanna Macy. Honest and in-depth sharing with others who are seeking ways to heal the planet. Grounded in gratitude, we acknowledge our struggles, find new ways to see our planetary crisis, and choose how to go forth in the world empowered to take part in the great turning. $10-$20 donation per session. Call 248-613-8803; clairemaitre@comcast.net or chrysalistransitions.com.

Breathwork

Transformational Breath Introductory/Review Sessions with Julie Wolcott and Marcia Bailey • May 7, May 22, June 7, Aug. 12; 7-10 p.m. • Experience circular, connected breathing that is totally enlivening. Memories never before realized will emerge for integration as you journey into altered states of consciousness (without the use of drugs). A powerful tool for transformation and healing, we begin with the benefits and basics of the breath process, set intention, experience a full session, and end with integration. $50 or $35 for review. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or breatheannarbor.com.

Breath Immersion Weekend: Transformational Breath Level One with Julie Wolcott and Marcia Bailey • June 21-23, 9 a.m.-6 p.m. • This weekend includes six full breathing sessions and related information. Personal coaching throughout will invite a natural open flowing breath that will become a vehicle for transforming old suppressed material to more useful energies. The relevance of Michael Brown's book and process, *The Presence Process*, will be acknowledged throughout the weekend. $700. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or breatheannarbor.com.

Expanding Inner Peace via Transformational Breath with Julie Wolcott and Marcia Bailey • Aug. 24, 9 a.m.-5:30 p.m. • Expand your inner peace with this day-long event focused on two transformational breath group breathing sessions, plus several individual and dyadic exercises, including insight meditation/concentration as well as lovingkindness meditation for yourself and others, plus meditative writing and partner supported inner listening. Those new to transformational breath should arrange a one-hour meeting prior to class. $85 includes lunch. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or breatheannarbor.com.

Ongoing Drop-In Breathwork Sessions with Frank Levey • Tuesdays, 9:30-11 a.m. and 7-9:30 p.m. • We are our breath and our breath is the language that tells us how we are. Each class teaches us how, through conscious, connected breathing, we can re-learn how to breathe the way that our bodies are designed. This allows for the safe and easy release of physical, mental, and emotional trauma. $15-$25 suggested donation. Call 657-8742; franklevey@hotmail.com.

The Prana of Forgiveness with Dave and Pat Krajovic • May 19, 9 a.m.-5 p.m. • Join us as we surrender to the state of forgiveness. Experience the joy of letting go of old wounds and the burden of guilt we carry. Learn to find the strength within to break the pattern of victimhood. Gain the power and freedom that comes from understanding our power as creators through the work of transformational breathing, Colin Tipping's radical forgiveness, as well as elements of pranic healing. $139. Call 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net or bodyworkshealingcenter.com.

As I Breathe, So I Live! Intro to Pranic Breath Level 2 with Dave and Pat Krajovic • May 20, 7-8:30 p.m. • This class builds on Level 1 to increase consciousness of your breath pattern. Understand how to use the breath to gain peace of mind and mental clarity, and attract life experiences and abundance. Begin the process of building a conscious breathing practice. $33. Call 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net or bodyworkshealingcenter.com.

Mindful Creation through My Breath: Intro to Pranic Breath Level 3 with Dave and Pat Krajovic • June 12, 7-9 p.m. • This class builds on Levels 1 and 2 to deepen your awareness of your breath pattern. Build on your practice to use the breath to attract and clear limiting beliefs, thoughts, and attitudes. Begin to understand the pathway of awareness and how it filters your life's experiences. $44. Call 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net or bodyworkshealingcenter.com.

Group Breath Practice with Dave and Pat Krajovic • May 15, 10:30-Noon; June 10, 6-7:30 p.m.; Aug. 12, 6-7:30 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, closing with sharing and intention. Must have experience with connected breathing. Call 734-416-5200; inspire@globalbreathinstitute.com.

Buddhism

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • May 29, June 5, 12, 19, 26, July 17, 24, 31; 7-8:30 p.m. • Meditation provides us with a clear stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of the mind. $80. Call 994-3387; programs@jewelheart.org or jewelheart.org.

De Lam Continued with Jewel Heart Instructors • May 13, June 3, 17, July 1; 7-8:30 p.m. • De Lam, or Smooth Path, is a multi-dimensional map that, when followed with genuine effort, will help us remove limitations imposed by fear and confusion, opening our hearts and minds to reach their fullest potential. Following Gelek Rimpoche's transcript, De Lam, this course presents aspects of life for meditation that will deepen our relationships with the guru, ourselves, and ultimately bring about our future enligthenment. $40. Call 994-3387; programs@jewelheart.org or jewelheart.org.

The Healing Practice of White Tara with Jewel Heart Instructors • May 30, June 6, 13, 20, 27, July 18, 25, Aug. 1; 7-8:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental, and emotional suffering. $80. Call 994-3387; programs@jewelheart.org or jewelheart.org.

GOM Seminar with Jewel Heart Instructors • Aug. 3-4: Saturday 10-Noon and 2-4 p.m., Sunday 2-4 p.m. • GOM, or concentrated meditation, is an essential tool to develop peace and joy as well as the power to deeply understand wisdom. GOM instruction will be offered in this seminar to facilitate attendance in weekend practice sessions. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Introduction to Meditation with Jewel Heart Instructors • May 7, 5:30 p.m. • Taking inspiration from the UMMA exhibition "Buddhist Thangkas and Treasures", featuring colorful and fascinating paintings used in Buddhist practice, Jewel Heart invites you to experience the living tradition presented in this exhibit firsthand with a session of guided meditation, including healing visualization techniques. No prior experience with meditation or Buddhism required. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Essence of Tibetan Buddhism with Gelek Rimpoche of Jewel Heart • Sundays: May 5-Aug. 25; Talk from 10-11 a.m., Tea and cookies from 11-11:30 a.m. • We invite you to enjoy weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor and New York locations, these talks will also be live video webcast. Open to all. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Sundays: May 5-Aug. 25, 8:45 -9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Free with donations welcome. No meeting July 7 and July 14. Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays: May 5-Aug. 25, 11:30 a.m.-12:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free with donations welcome. No meeting July 7 and July 14. Call 994-3387; programs@jewelheart.org or jewelheart.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • May 4 and Aug. 10, 9-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest - an interval of deepening, of slowing down, silence, and mindfulness. $60 includes vegetarian lunch. Call 761-6520; annarbor@zenbuddhisttemple.org.

Introductory Meditation Course at Zen Buddhist Temple • Five Thursdays starting May 16 and July 11, 6:30-8:30 p.m. • Meditation is the heart of all Buddhist practice. Zen meditation is both a spiritual and physical discipline, based on a clear and simple lifestyle with a strong focus. Simplicity, clarity, and spiritual joy are guidelines for attaining peace of mind, developing a compassionate heart, and encouraging right livelihood. $160 or $120 students. Call 761-6520; annarbor@zenbuddhisttemple.org.

Buddha's Birthday Celebration at Zen Buddhist Temple • May 18-19 • Call 761-6520; annarbor@zenbuddhisttemple.org.
May 18 • Checking Out Buddhism: A Panel Presentation and Discussion led by Young Buddhists, 25-30 years old at 3:30 p.m. • The delicious Vegetarian Entrees and Dessert Buffet at 6 p.m., followed by music and entertainment. $30 families, $12 adults, $6 students.
May 19 • Meditation at 10 a.m. • Buddhist religious service including dharma talk, bathing the baby Buddha, and contemplation of human life. Simultaneously, there will be a Children's Service and lantern dedications. **• Introduction to Meditation at 3 p.m. •** All welcome to this talk and demonstration. **• Lotus Lantern Lighting and Chanting Service at 7:30 p.m. •** The lighting of beautiful flower lanterns, a unique Korean tradition, ends the Buddha's Birthday observance in a serene, lovely way. The service includes readings from scriptures and the dedication of the lanterns. Everyone is welcome.

Summer Lecture Series at Zen Buddhist Temple • July 16 and 23, 7:30-9 p.m. • The summer lecture series will explore "What is American Buddhism in 2013" with academic, teacher, and student viewpoints. Call 761-6520; annarbor@zenbuddhisttemple.org.

> "Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace."
>
> ~ May Sarton

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 19, 7 p.m.-July 20, Noon • Designed for those unable to take the Thursday evening course because of schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 students. Call 761-6520; annarbor@zenbuddhisttemple.org.

Two Ongoing Sunday Services at the Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, a short talk, and a question and answer session. You can sit on a mat and cushion or on a chair. Open to the public. By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Visitor's Program and Residential Opportunities at the Zen Buddhist Temple • The Visitor's Program is for people who wish to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with Temple Director required and usually available throughout the year. Call 761-6520; annarbor@zenbuddhisttemple.org.

Cancer

Steiner Health Cancer Support Group with Molly McMullen-Laird • Sept. 6, Oct. 4, Nov. 1 and Dec. 6, 7:30-8:30 p.m. • Sharing of information dealing with all stages of cancer, with insights from Anthroposophical Medicine. Each meeting will start with a short meditation. Free. Call Sara at 663-4365; info@steinerhealth.org or steinerhealth.org.

Ceremonies & Celebrations

The Gift of Life: Nurturing Children with Nature with Michigan Friends Center • May 11, 10-Noon • How we feed ourselves has a big impact on our bodies, our communities, and our environment. Happily, what is good for our bodies is also good for the environment and for building trust in our communities. Giving our children the best means taking small steps to incorporate as much health as possible into our lives. Let's learn with them the connections among all things great and small. Children welcome. Free. Call Carolyn at 734-475-1987; manager@mfcenter.org or mfcenter.org.

FullMoon Circles with Bronwen Gates • May 24, June 23, July 22; 6:45-9 p.m. • Come gather with other women for ceremony as we honor the deep ancestor wisdom of the Full Moon. A time apart, a time to remember who we really are, that we belong, that we are home, here, now. Circle time will include guided journeying, laugther, song, play, and deep soul nourishment. $19 suggested donation. Call 975-8754; bronwild@gmail.com or bronwengates.com.

Spiraling Into Ourselves: The Energetic Healing Path of Sacred Sexuality

By Leslie Blackburn

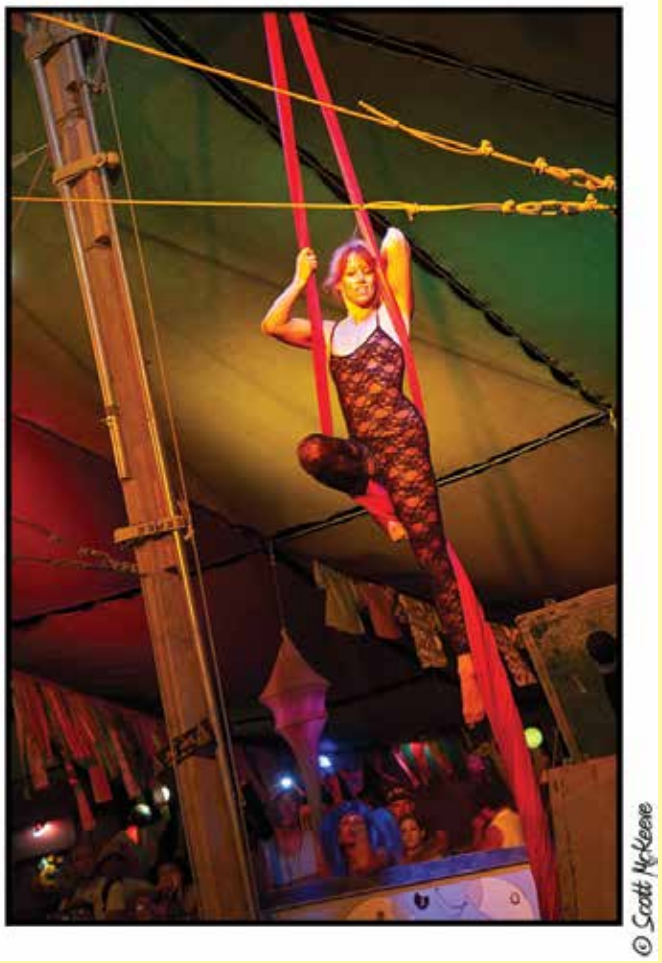
Leslie Blackburn is a Sacred Sexual Healer & Transformational Guide, sexual shaman, yogini, Reiki master, artist, and seminar leader. She is the founder of One Space, LLC, and Mystery School of the Temple Arts.

I am at a Thai yoga massage weekend immersion retreat, enjoying the lush experience of meditative, centering, deep inquiry into my own essence, while being supported by others. The feeling of deep familiarity, ancient memory rekindled… present, aware touch; slowed down breath; conscious movement from the core of my very being. Inspiration flows as I connect the dots: this foundational physical reality of breath, sound, movement, touch, and visualization is a divine spider web, illuminating a path of self-realization.

Sacred Sexuality is an energetic healing path of authenticity that seeks to unwind distortions and uncover truth through the wisdom encoded in our own bodies. I established Mystery School of the Temple Arts in Dearborn, Michigan, with a clear purpose to empower deep personal healing on both individual and interpersonal levels. Using a synthesis of sexual practices — many drawn from the esoteric and hidden knowledge of the past, and fusing them with the needs of the emerging men and women of the 21st century — I work with others to find and connect with their power. I help them discover their path to healing, self-knowledge, and personal transformation.

The essence of working with energy in the body is about balance and finding healing in both the feminine and masculine aspects of ourselves. Integrating them together creates wholeness in our body, which projects outwardly into our lives. This method has powerful potential for emotional release, improving our health, and creating richer and more meaningful relationships with others. It is about manifesting our heart's desires and walking a path of connection with ultimate bliss, enlightenment, and the divine. It is a lifestyle and calling, offering far more possibilities than simply recreational or procreational sex.

Sacred Sexuality. Pairing these words may seem contradictory. At this moment in time many of us equate sexuality with perversion and addiction or guilt and shame. Over thousands of years, culture and society have often separated the sacredness from the body and all of nature. This division of mind from body, and the sacred from the mundane, has served to drive us away from the fundamental truth of Oneness. The systems that have been the sources of learning about sexuality in our lifetimes — religion, popular culture, and public education — have been permeated by the distortion that our own bodies are not to be trusted. Yet, our sexual energy is the most fundamental creative force in the Universe. It's what conceived us and every other life form throughout time! I invite you to explore this reality: that which is physical and sexual cannot be separated from that which is spiritual and sexual.



© Scott McKeever

Regardless of gender or sexuality, we are a combination of feminine and masculine energies, and a state of balance is what we're striving toward. We experience our masculine energy as very fiery and active; outward; getting things done in the world; analytical thinking; doing A-B-C to get D. The complement to that is our feminine energy, which is experienced as being; allowing; meditative; cooling; receptive; inward. She's the facet of ourselves that feels our emotions and connects with the wisdom within our body. Currently, the feminine nature is not as honored or as easily accessible, but that is changing as we reconnect with our own divine natures. The rise of the Divine Feminine and integration with the Healthy Masculine is the core foundational work for us in society now.

Sacred Sexuality is a powerful path for coming back into balance and has been instrumental in the ways I have learned to love myself and step into my own power. The first half of my life was imbued with very analytical, masculine energy. I experienced traumatic events in my childhood that initiated the sequence of shutting down feelings and sensations, divorcing me from my Divine Feminine essence. I remember making two conscious choices: to numb out and not feel because then I wouldn't hurt so much, and to not let anyone into my life. I committed to doing it all myself, on a path of isolation and disconnection from my needs and truth. Thus began the erection of walls around my body and heart, the barriers and body armor that stopped me from allowing feelings and sensations to emerge within me.

> This method has powerful potential for emotional release, improving our health, and creating richer and more meaningful relationships with others.

I continued down an unbalanced path of accomplishment and recognition as an endurance athlete and corporate leader. I

completed Ironman triathlons, marathons, and other races. Career-wise, I spent 15 "successful" years in corporate engineering and management before getting to a point of recognizing deep within my body that I needed to make a change. I was burned out and unbalanced when a lightning bolt from the divine suddenly shifted everything. It was time to slow down, let go of the reins, and listen.

That crack-open experience, which I call my spiritual awakening, arrived with pregnancy and the birth of my daughter. I was approaching my deep desire to have a baby with the same analytical mind that had accomplished so much and it wasn't working. Tracking my basal body temperatures in Excel spreadsheets and having sex on the "right days," surely that would get the job done, right?

It wasn't until much later, after fertility treatments that didn't work, and a miscarriage, that I let go…viscerally. I found myself in tears in a heap on the ground feeling no longer able to continue. And I let it go. I mean really let it go at a body level, not just intellectually. I was no longer on the active quest for having a baby, as much as my heart wanted one. I released it. I made other plans in life. I began to just be. It was literally that month that it happened. I woke up one day not even sure what cycle day I was on and just felt it. I took a test, and sure enough I was pregnant! The lightning bolt of awakening had struck and I was unable to continue life as the woman I had been before motherhood.

For me, exploring the aerial arts have been about expanding my body awareness and healing through a balance of commitment and the willingness to let go!

As I healed and expanded vis-à-vis connection with my own inner power and truth, I felt called to support others at a very deep level. The Universe provided many synchronistic teachers and lessons to guide me on my new path of Sacred Sexuality. Traveling to Egypt and Peru on two sacred journeys helped me to further realize and embody these ancient wisdoms. I began training as a Priestess of the Ancient Temple Arts, including sacred sexual healing and emotional release, and received my Sacred Sexual Shamanic Practitioners Training (Daka/Dakini Intensive) Certificate from the Sedona Temple & International School of Temple Arts.

My teachings blend experience and training in Tantra, Sacred Sexuality, Taoism, Yoga, Shamanism, Meditation, QiGong, Movement, Visual Arts, Music, Vibrational Dynamics and other modalities. My work is a fusion of Art meets Science and East meets West. By working with energy through breath, sound, movement, visualization, and touch, I support myself and others to tap into this vast realm of possibility within their energetic and sexual core.

In addition to the powerful experiential modalities of tapping into the energy directly, I encourage open discussion about the often taboo topics of sexuality, orgasmic repertoire, female ejaculation, male ejaculatory choice, consciousness, tantra, polyamory, alternative relationships, kink, and sexual and gender identity. I provide a safe space to help people accept that it is ok to feel pleasure, love, and bliss. I teach safe ways to support yourself in your own sexual awareness and expansion.

It has been four and half years since I took a leap of faith by leaving the economic safety of my corporate life. I believe sacred sexuality encompasses what we need to do for healthy living on the planet; how we eat, breathe, work, talk, give birth, die. All of it.

The systems that have been the sources of learning about sexuality in our lifetimes — religion, popular culture, and public education — have been permeated by the distortion that our own bodies are not to be trusted.

If you are drawn to these words, perhaps something has called you to exploring this more deeply. I am honored to share these profound teachings with others through workshops, apprenticeships, and private sessions. People experience new perspectives, life changing shifts, and powerful healing.

Leslie Blackburn is the founder of One Space, LLC, and Mystery School of the Temple Arts. She hosts "Sacred Sexuality with Leslie Blackburn" the third Tuesday of each month from 10:00–11:00 a.m. online at Body Mind Spirit RADIO. To learn more and to contact Leslie, visit www.MysterySchooloftheTempleArts.com.

Photo by Miguel

Leslie Blackburn performing her work "Emergence"

I moved from tight, contracted, bound-up, dark energy, to releasing the binds that hold me back and allowing an emergence of my authentic light. My spirit name is Light Bearer, and I felt that core authenticity move through me in this piece.

Crazy Wisdom Poetry Series
at the Crazy Wisdom Tea Room
hosted by Joe Kelty
and Ed Morin
Second and Fourth Wednesday
of each month, 7-9 p.m.
Crazy Wisdom Poetry Series
Second Wednesdays, 7-9 p.m. • Poetry Workshop at Crazy Wisdom Tea-room. All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins 6:45 p.m.
Fourth Wednesdays • Featured Reader, 7-7:45 p.m. Followed by Open Mic reading, 8-9 p.m. • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.
Crazy Wisdom Poetry Series
Featured readers
May 22 - Laurence W. Thomas, who spread the good news of standard English in Saudi Arabia, Uganda, and Costa Rica, returned to Michigan and published poems in many journals. His books include The Bird in the Stone, Man's Wolf to Man, Moment of Comfort, The Face in the Mirror (a collaboration with artist Judith Jacobs) and his upcoming A Walk with Bukowski. He edits the literary journal, Third Wednesday, and lectures annually on poetry in Eureka Springs, Arkansas.
June 26 - Mariela Griffor, raised and educated in Chile and Brazil, went into exile in 1985 after the Pinochet Regime killed her husband. Her poems appear in journals across Latin America and the U.S. and in 3 books: Exiliana, House and, most recently, The Psychiatrist: New and Selected Poems, which deals with trauma, political idealism, motherhood, volatile societies, and truths that prevail for a better future. She lives with her husband and their children in Grosse Pointe.
July 24 - Aaron McCollough is the Assistant Director and Editorial Director of Michigan Publishing, which includes the University of Michigan Press. His PhD in English literature is from the U. of Michigan and MFA in creative writing from Iowa Writers' Workshop. His 5 books include Double Venus, No Grave Can Hold My Body Down, and Underlight—a lyrical engagement with sadness as part of self-formation and the paradoxes of suffering and joy in codependence.
These events are FREE to attend.
Each featured reader is followed by an hour of open mic.
Joe Kelty, poet and teacher of biology and English at area community colleges.
Ed Morin, poet and former English teacher at area universities and colleges.
Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor
http://crazywisdom.net/
734.665.2757

The Crazy Wisdom Calendar

Ceremonies & Celebrations (continued)

Introduction to Rites of Passage and Vision Quest with Debbie Mast and Brian Obrecht • May 2, 8, 15, 27; 7-9 p.m. • Rites of passage ceremonies help us mark key life transitions and integrate what we have learned. A vision quest is a chance to seek guidance from nature and spirit, and find new direction. Come learn about rites of passage and passage/vision quests. Held in Okemos, Kalamazoo, Grand Rapids, and Berkley. Free. Call Brian at 517-552-3990; brian@visionquestmi.com or visionquestmi.com.

Rites of Passage and Vision Quest with Debbie Mast and Brian Obrecht • Aug. 14-18 in Western Michigan • Rites of passage ceremonies help us mark key life transitions and integrate what we have learned. A vision quest is a chance to seek guidance from nature and spirit, and find new direction. (See above listing.) $250. Call Brian at 517-552-3990; brian@visionquestmi.com or visionquestmi.com.

Summer Solstice Celebration: A Multi-generational Celebration of the Light with Michigan Friends Center • June 21, Potluck 6-7 p.m. and Bonfire 7-9 p.m. • We will celebrate the longest day with a potluck dinner followed by a bonfire around which to share thoughts, stories, and songs. All ages welcome. Bring food to share, flashlights, long sleeves, as well as something for after dinner - a favorite outdoor game, story or song, Solstice lore or your readiness to partake in what others have brought. We will provide iced tea, plates, and silverware. Free. Call Carolyn at 734-475-1892; manager@mfcenter.org or mfcenter.org.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • May 15, 7-9:30 p.m. • Aaron gives a talk followed by Q&A. Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness meditation, Working with Inner Guidance and Supporting Changes in our physical/spiritual bodies through the work with body energy, the elements, sound, and Open Heart. By donation. Call 477-5848; info@deepspring.org or deepspring.org.

Beyond Healing: Remembering Wholeness with Spirit with Barbara Brodsky, Aaron, and Brothers and Sisters of Light • May 12, June 9, July 14 • We have been asked by Spirit to consider moving beyond the concept of "healing" into remembering wholeness. Even though we experience pain and dis-ease in our bodies, we are whole, radiant beings of Light. It is time for us to remember and claim this in ourselves. By donation. For times, call Amy at 660-0898; amyspirit@gmail.com or corinthianscenter.org.

Channeling Intensive Retreat with Shala Kilmer • Aug. 25-27 • Channeling intensive training aboard a 105' yacht docked in Saugatuck, Michigan. Boost your channeling abilities and confidence through targeted individual and group coaching. Limited to 12 participants. $997. Call 248-258-8247; shala@intuitionpath.com or intuitionpath.com.

Channeling Angels with Shala Kilmer • Eight Tuesdays starting June 4, 6:30-9 p.m. • Learn to allow the angels to speak through you. $497. Call 248-258-8287; shala@intuitionpath.com or intuitionpath.com.

Triple Goddess Happening with Heidi Wolfe • May 18, June 22; 10 a.m.-4:30 p.m. • Receive insight from three mediums. Messages may come from a loved one, spirit guide or angel. $60 for 25-30 minutes. Call 734-788-6478; cedena-heidi@sbcglobal.net or crystalmoonastrology.com.

Chant

Into the Heart of Chanting Workshop with Snatam Kaur • May 13, 6-9 p.m. in Birmingham • Snatam Kaur, world-renowned teacher of chant and yoga whose dedication to peace, love, and well being have inspired students and audiences around the planet, will share profoundly healing and spiritually potent postures, movements, breathing, and mantra chanting techniques designed to help us awaken our kundalini (life energy) and have it flow harmoniously throughout our bodies. When we awaken this latent energy and balance our lives, we tap into our inner strength and become ready to meet life's challenges with courage, grace, resolve, and radiance. $65 or $75 at the door; $20 young adult. Workshop and concert: $100 or $120 at the door. Call Robin at 248-723-9168; robin@karma-yoga.net or spiritvoyage.com/artists/Snatam-Kaur.

Satsang with Swami Saradananda • June 14 • Join us for vegetarian potluck at 6:30 p.m. and meditation with chanting at 8 p.m. Discussion with questions and answers at the end. $20. Call Jody at 213-0435; jody@beinaweyoga.com or beinaweyoga.com.

Chanting with Ann Arbor Kirtan • May 17, June 14, July 12; 7:30-9:30 p.m. • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5 donation suggested. Call Karen at 645-8904; krlevin@comcast.net or kirtanannarbor.org.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, 8:15 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us for devotional chanting (in English) to help open our hearts and go deeper into stillness and peace, followed by pure meditation and silent prayer at 8:30 p.m., with winged prayer for all in need at 9 p.m. Come and stay as long as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Childbirth

Lamaze Childbirth Class with Lamaze Family Center Ann Arbor • May 4, June 1, July 13, Aug. 10 • This ongoing series covers a wide range of topics based on Lamaze International's six healthy birth practices. You will feel prepared for labor, delivery, and early postpartum. $185 includes a two-hour breastfeeding class. For times, call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Birth and the First Three Months: A Comprehensive Childbirth and Newborn Class with Deb Rhizal • Six Thursdays starting May 16 or June 27, 6:45-9:15 p.m. • This series prepares expectant parents for labor, delivery, postpartum recovery, newborn care, parenting confidence, and more. $240. Call Hygeia Center for Healing Arts at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Birth and the First Three Months: A Condensed Class with Deb Rhizal • May 18, June 15, July 20 or Aug. 17; 9 a.m.-5 p.m. • See above description. $150. Call Hygeia Center for Healing Arts at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Meet the Midwives with New Moon Midwifery • May 13, June 10, July 8, Aug. 12; 6:30 p.m. • Considering homebirth or exploring birth options? This is an informal, monthly open house and information session, with a chance to find out more about homebirth, waterbirth, midwives, and doula support. This public event may work for you in place of a private consultation. Free. Call Anna at 424-0220; info@newmoonmidwifery.com or newmoonmidwifery.com.

Top Seven Questions About Becoming a Doula with Patty Brennan of Center for Childbearing Year • May 6, June 3, July 1 or Aug. 8; 8-9 p.m. • Join us for an interactive teleseminar designed to explore whether or not becoming a doula is right for you. This is a free teleseminar for anyone wanting to learn about doula training, career paths, the "on call" lifestyle, blending doula work and family life, the viability of doula businesses, and more. Free. Call 663-1523; patty@center4cby.com or center4cby.com.

Childbirth Preparation: Everything You Need to Know through Center for the Childbearing Year • Seven Tuesdays: July 10-Aug. 21, 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, how partners can help, alternatives to drugs, cesarean prevention, and the baby's needs. $245 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Childbirth Preparation Condensed Class: Focus on Labor and Birth through Center for the Childbearing Year • June 8, 9:30 a.m.-5 p.m. or July 27 and Aug. 3, 1-4:30 p.m. • The condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. $180 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Caring for Your Newborn through Center for the Childbearing Year • June 1, 12:30-5 p.m. or July 9 and 16, 6:30-8:45 p.m. • We share practical insights and identify supportive resources for new parents. What about diapering, bathing, and calming the baby? How much stuff do you really need? Learn how to read your baby's cues. $65 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • June 15, 12:30-5 p.m. or Aug. 6 and Aug. 13, 6:30-8:45 p.m. • Breastfeeding combines instincts and learned skills. Most expectant parents express surprise after attending this class in that they did not expect to learn so much nor realize the extent to which misinformation abounds. Our goal is to help you get it right from the start. $65 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Birth Doula Workshop with Patty Brennan through Center for the Childbearing Year • June 29-30 or Aug. 17-18, 8:30 a.m.-6 p.m.• Are you interested in a career working with moms and babies? Become a professional birth doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be a support role for other moms. Class leads to professional certification through DONA International. $385 or $350 with early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Postpartum Doula Workshop with Patty Brennan through Center for the Childbearing Year • July 18-21: Thursday Noon-6 p.m., Friday and Saturday 8:30 a.m.-6 p.m., Sunday 8:30 a.m.-3 p.m. • Turn your passion for helping moms, babies and new families into a profitable career. Become a professional birth doula! This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, baby wearing basics, support strategies for depressed moms, holistic healing measures, adjustment strategies for all family members and more. Class leads to professional certification through DONA International. $435 or $395 with early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

Professional Education in Breastfeeding with Barbara Robertson through the Center for Childbearing Year • July 13 (part I) 9 a.m.-2 p.m. and/or July 20 (part II) 1:30-6 p.m. • This workshop ensures an up-to-date, evidence-based approach to breastfeeding. Tremendous leaps have recently been made in our understanding of how breastfeeding works and how to best support moms and babies. Any professional who works with moms postpartum will benefit. $85 (part I only)or $150 (parts I & II) with early registration discount available. Call 663-1523; patty@center4cby.com or center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan through Center for the Childbearing Year • June 28 or Aug. 16, 10 a.m.-6:30 p.m. • Want to become a doula and wondering where to start? Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks and alternatives to medical interventions in the birth process. Explore the connection between nutrition in pregnancy and mom's overall energy, health and comfort and more. Come to Michigan's premier doula training center and learn from a doula business expert. $125 or $110 with early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

> "Not all of us can do great things. But we can do small things with great love."
>
> ~ Mother Teresa

Children & Young Adults

Complete listings for children are found in the Children's Section of this Journal, devoted to events and classes for children, young adults, and families.

Mother's Day Fairy Tea at Crazy Wisdom Tea Room • May 12, 1 p.m. • Children and their families are welcome for tea and petit fours served by real fairies! Celebrate with our magical fairies as they serve tea and treats. There will be story time with books available from Crazy Wisdom Bookstore and a special Mother's Day craft. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email kristen@crazywisdom.net or crazywisdom.net.

Chronic Pain/Chronic Illness

Touch, Caring, and Cancer: Comfort through Touch and Massage with Cancer Support Community of Greater Ann Arbor • April 27-28, 9 a.m.-1 p.m. • For those affected by cancer, join us for a two-day workshop using the program Partners in Healing. This program is for the person diagnosed with cancer and one care partner. Attendees will learn and practice simple massage techniques that empower care partners, deepen the connection between partners, reduce symptoms and side effects of treatment, and assist in overcoming feelings of helplessness. Free. Call Bonnie at 975-2500; bonnie@cancersupportcommunityannarbor.org or cancersupportcommunityannarbor.org.

Meditation and Chronic Disease with Roxane Raffin Chan • May 21, 6:45-9 p.m. with doors open at 6 p.m. • Do you know someone who would like to improve their quality of life with chronic disease? Come learn the physical benefits of meditation proven in clinical studies administered at U of M. $5. Call Ann at 810-444-8141; nutriann@gmail.com or mhnanews.org.

Death & Dying

Death Cafe with Merilynne Rush • May 18, June 15, July 20, Aug. 17; 10 a.m.-Noon at Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. Casual drop-in conversation with no agenda. You will be uplifted and we welcome you. Free. Call 395-9660; mrush@afterdeathhomecare.com or deathcafe.com.

Divorce Support

Your Divorce Workshop with Women's Divorce Resource Center • May 18, 9:45 a.m.-1 p.m. • An educational forum for women contemplating or going through the process of divorce. Presenters discuss various legal, financial, and emotional aspects of divorce to empower women during this time of transition. $45. Call Vicki at 248-915-0847; womensdivorcecenter@gmail.com or womens-divorce.org.

Cultivating Peace During and After Divorce with Melanie Fuscaldo • May 7, Noon-1:30 • Cultivate your innate peace during and after divorce through a process that focuses on the gifts in any situation. Find the hidden blessings and move into joyful power. $30. Call Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

The Crazy Wisdom Calendar

Devotional chantress Snatam Kaur, and her full band of Todd Boston and Ramesh Kannan, offer a evening of kirtan (sacred call and response music) on Mother's Day, May 12 from 7:30 p.m. to 10 p.m., and an "Into the Heart of Chanting" workshop on May 13th from 6 p.m. to 9 p.m., at Seaholm High School in Birmingham. The American-born singer, songwriter and peace activist was raised in the Sikh tradition, and is a renowned teacher of chant and yoga. Snatam lives in Eugene, Oregon with her husband Sopurkh Singh and their daughter Jap Preet Kaur. (For details, see Chant section)

Dreamwork

Dreaming with Archangels with Deb Foggio • May 4, 11, 18, June 1, 8; 1-3 p.m. • Dreaming is an open doorway to discovering the truths that will empower you to living your life successfully. Dreams open doors to wisdom and knowledge that will unlock the keys to reveal what you need to understand the events of each day. This series is a special 30-day journey with the four Archangels: Michael, Raphael, Gabriel, and Uriel, through the spiritual realm of your own dream world. $195 or $185 pre-registered includes text-book. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.net.

Drumming

Drummunity Circles with Lori Fithian • May 22, June 18, July 15, Aug. 20; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call Lori at 426-7818; lorifithian@mac.com or drum-munity.com.

African Drum Classes at Tree of Life Cultural Arts Studio • Tuesdays for Kids Ages 8-12: 4-5 p.m.; Tuesdays for Teens and Adults: 7:30-9 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from West Africa as well as how to listen to improvise within the structure created. $12 drop-in for one hour class or $15 drop-in for 90 minute class. Discounts offered for registering. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Drumming with Michael Peters and Tree of Life Cultural Arts Studio • May 24, June 28, July 26, Aug. 23; 7-Midnight • FOLI-DMT is a new monthly event featuring a dance meditation practice set to an all live, improv, and rotating world instrumentation band that you can all be a part of! “Foli” is the word used in the world of rhythm and means “to speak” by the Malinke people in West Africa, and DMT stands for dance meditation technique. The evening will commence with an open drum circle for all prior to moving into the DMT and guided meditation. Drums and instruments are available to play. $20 suggested donation. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

The Circle of Rhythm with Jermaine Rivers • May 17, June 21, July 19, Aug. 16; 7-8:30 p.m. • This is a drum circle gathering with the purpose of giving the participant a spiritual awareness, a healing, an attunement, and connection to self as well as others. Per-cussion will be provided and the facilitator will lead the group through various rhythmic patterns. Come find your own internal beat and how it connects you to the flow of life. $15. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Drum 4 Wellness Drum and Dance Jam with Don Allen • First Saturday of every month, 7:30-9 p.m. at Interfaith Center • Come share your spirit in the community by drumming, dancing, and singing with us! All are welcome. We provide drums or you can bring your own instruments. All donations go to Interfaith Center. Call 480-1219; don@drum4wellness.net.

Energy Healing

Opening to Your Healing Spirit Guides with Glenn Pailthorp • June 2, 2-4 p.m. at Crazy Wisdom Community Room • Guided meditations will help you open key chakras for seeing, hearing, and feeling your guides and their healing gifts. $10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Flower Power: Transformational Healing with the Faerie Flowers Essences with Bronwen Gates and Others • Aug. 2-4 • Come learn about flower essences and the unique gifts of the Faerie Flowers essences, made by Bronwen since 1987, in this intro-ductory weekend. Prerequisite for the Practitioner Intensive. For times and cost, call 975-8754; bronwild@gmail.com or bronwengates.com.

Flower Power: A Faerie Flower Immersion Intensive for Practitioner Certification with Bronwen Gates and Others • Aug. 5-10 • For practitioners of transformational leadership and healing, engage in this immersion experience to learn how to use the Faerie Flowers essences to support you and your work in the world. For times and cost, call 975-8754; bronwild@gmail.com or bronwengates.com.

Harmony of Energy for Couples: Nurturing Touch with Wasentha Young • Thurs-days: May 9-June 27, 5:45-6:45 p.m. • These playful, hands-on sessions will support new ways to listen, connect, and sense your partner in a nurturing way that can deepen your relationship. This series is for couples in a committed relationship only. Bring a blan-ket, towel, and pillow. $220 per couple. No session May 30. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Harmony of Energy for Teens: Nurturing Self-Trust for Female Teens with Wasen-tha Young • Thursdays: April 25-May 16, 4:30-5:30 p.m. • During this four-week series, teens will sense the reality of their intuition and explore setting healthy boundaries through fun, interactive exercises. Time will be set aside for discussion. $75. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • May 10, Noon-1:30 • Learn a powerful tool you can use anytime to improve your health, career, abun-dance, relationships, retirement, and more. It has unlimited potential to release what is not life-enhancing (fears, emotions, trauma, depression) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suf-fering and increase your peace. $30. Call 668-2733; mfuscaldo@gmail.com or melanief-uscaldo.com.

Esoteric Healing Course IV: Synthesis with Joanne Karpinen • Aug. 28-Sept. 1, 9 a.m.-5:30 p.m. • This is the fourth in a series of four esoteric healing courses teaching the principles and procedures of Djwhal Khul and Alice Bailey. You’ll deepen your under-standing of ageless wisdom and broaden your work as you study esoteric psychology, the seven rays, links between chakras and subtle bodies, vagus nerve, dissipating glamour, and more. $425. Call 517-347-4618; drkarpinen@aol.com or integratedhealingjourneys.com.

Healing Touch Certificate Program - Level 1 with Barb McConnell • July 20-21, 8 a.m.-6:30 p.m. • Learn 12-15 basic techniques to balance and energize the human energy system and promote healing. Lecture, demo, and hands-on practice. 18 CEs for nurses and massage therapists. $275 includes materials fee or $300 late registration. Call Barb at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Healing Touch - Level 2 with Barb McConnell • June 29-30 or Sept. 7-8, 8:30 a.m.-6 p.m. • For students who have completed Level I. Learn back techniques and a one hour healing sequence. Emphasis on developing healing sequences for specific client needs. 17.5 CEs for nurses and massage therapists. $275 includes materials fee or $300 late registration. Call Barb at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Healing Touch Certificate Program - Level 3 with Barb McConnell • Aug. 24-25, 8 a.m.-6 p.m. • Prerequisite is Levels 1 & 2. This class is about you. Learn how to increase your energy level to facilitate a deeper healing in your clients. Chelation, lymphatic drain, additional back techniques, and documentation are a part of this level. CEs available. $275, plus $15 materials fee or $300 late registration. Call Barb at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Healing Touch Certificate Program - Level 4 with Barb McConnell • Aug. 15-18: Thursday 4-10 p.m., Friday and Saturday 9 a.m.-9 p.m., Sunday 9-Noon • This level prepares the student to become a Healing Touch practitioner. You will learn two new techniques, put together a case study, begin your minimum of one year mentorship/apprenticeship to complete the program, and expand your personal growth and awareness. CEs available. $425. Call Barb at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Summer Spirit: Using Summertime Energy to Enrich Your Life with Abby Humphrey and Wasentha Young • May 11, 1-4 p.m. • We will discuss the energetic qualities and characteristics of summer energy and how it relates to your fundamental constitution. Playful exercises to enhance your awareness of how these concepts can be embodied and bring you into harmony with the summer energy will also be facilitated. $50. Call 741-0695; wasentha@peacefuldragonschool.com or peacefuldragonschool.com.

Energy Healing Clinic with Nicole Bedy • Second and Third Wednesday of each month • Energy healing in person or distance by donation. Experience Reiki and Ashati healing together in a hour-long session. By donation. Call 810-941-8842; pineriverintuitive@gmail.com or pineriverintuitive.com.

Ashati Level 1 Attunement with Nicole Bedy • May 25, 11 a.m.-2 p.m. • We will focus on mental and emotional healing, including the release of repressed emotions. Level 1 training is a first part of the transformational path of ascension. $48. Call 810-941-8842; pineriverintuitive@gmail.com or pineriverintuitive.com.

Ashati Level 2 Attunement with Nicole Bedy • June 29, 11 a.m.-2 p.m. • We will focus on reconnecting to and healing the soul and its consciousness: the higher mind. A permanent link will be established between your third eye, your heart, and your solar plexus. $78. Call 810-941-8842; pineriverintuitive@gmail.com or pineriverintuitive.com.

Ashati Level 3 Attunement with Nicole Bedy • July 27, 11 a.m.-2 p.m. • We will focus on reconnecting to the spirit and its level of consciousness: the divine mind. You will be able to do healing work without your hands, pass attunements, and manifest your desires. $128. Call 810-941-8842; pineriverintuitive@gmail.com or pineriverintuitive.com.

How to Cut Emotional Cords of Attachment with Nicole Bedy • June 1, 10 a.m.-3 p.m. • This class focuses on cutting emotional cords of attachment from the source: the negative structure that created the cord. Cords cut with this method will not re-connect. $150. Call 810-941-8842; pineriverintuitive@gmail.com or pineriverintuitive.com.

Intro to Pranic Healing: How to Heal with Your Hands with Dave Krajovic • June 1, 4-5:30 p.m. and Aug. 3, 4-5:30 p.m. • Learn how you can heal with your hands. Remarkable healings occur almost miraculously by a simple wave of the hand. Learn how to feel energy and how this amazing healing tool can change the world. By love donation. Call 734-416-5200; info@bodyworkshealingcenter.com.

Free Pranic Healing Clinic with Dave and Pat Krajovic • Third Wednesday of each month, 7-8:30 p.m. • Dissolve and disintegrate dirty energy and blocked energy. By love donation. Call 734-416-5200; info@bodyworkshealingcenter.com.

Esoteric Energy Healing Part Two: The Art of Creative Living with Laurie Akerros • June 7-9 • Esoteric energy healing is a dynamically rich healing modality treating all aspects of a human being gently, safely, and powerfully at the physical, etheric, emotional, mental, soul, and spirit levels. Students will explore the psychological aspects of the chakras, an introduction to seven rays, the science of breath, the nature of kundalini, and spiritual initiation. Open to students who have completed Part One. $395. For times, call 369-0700; lakerros@hotmail.com.

Esoteric Energy Healing Part One with Laurie Akerros • Aug. 2-5, 9 a.m.-5 p.m. • Students will learn to palpate, assess, and balance the chakras and subtle body energy field at the physical, etheric, emotional, mental, soul, and spirit levels. We will look at the soul, the true healer of the form, the tasks and responsibilities of the healer, and raising our consciousness. $395. Call 369-0700; lakerros@hotmail.com.

Natural Spiritual Healing Course Diploma Program with Self Realization Meditation Healing Centre • Aug. 18-24 • Transform yourself and the lives of others, develop a healing practice, take healing skills and knowledge into your way of life and work or take the course as part of a personal self development program. Five weeks training over two years, including an independent assessment. $1,530 for two weeks in 2013 includes meals and lodging. For times, call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Cursillo Para Reducir El Peso
Saludablemente
Presentado por Dra. Julissa Hernandez, New York City
-- patrocinado por Cindy Klement, MS, CNS –
Sabado, Septiembre 21, 9 am – 1 pm
Courtyard Marriott, Boardwalk, Ann Arbor
$50 -- O compre 3 boletos y reciba un boleto gratis!!
Incluye DVD, deapositivas y instructivo
Registrese con Lola Kern 734-646-7395

Primordial Qigong in the Park with Joel Robbins • Sundays, 1-2 p.m. • Hun Yuan Qigong, literally "primordial energy work", promotes health, vitality, and a peaceful meditative state through coordinated breath and gentle movement. This Qigong set nourishes the body and mind while developing the pathways for Taoist internal alchemy. $10. Call 315-0573; jrherbsandacupuncture@gmail.com or jrherbsandacupuncture.com.

Chakra Balancing with doTERRA with MJ LaDuke • June 21 or July 21, Noon-4 • Bring balance to the mind, body, and spirit through dowsing, crystals, and essential oils. $65. Call 248-567-2923; mj@bhaktiwellness.com or bhaktiwellness.com.

Quantum Touch Level 1 Workshop with Gail Castle and Christine Bridges • June 22-23, 9:30 a.m.-5:30 p.m. • An experiential workshop for health professionals and the public designed to teach breathing and body focusing techniques to safely accelerate the healing process. Based on quantum physics, these may be used alone or combined with other healing modalities. Feel energized, not drained, while interacting with others. $400 or $350 pre-registration discount; $200 for children and retakes. Call Gail at 480-1191; gail@atransformationstation.net or atransformationstation.net.

Spiralling Into Infinity with Karen Greenberg • Aug. 2, 5:30-8:30 p.m. • Receive the training to be able to perform this energy work on clients. It will assist clients in identifying with and expanding into their limitless, spiritual selves, where anything and everything is possible. $175. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Enneagram

Finding Your Enneatype with Su Hansen • May 8, 6:45-8:45 p.m. • The primary focus of this workshop is to assist you in finding and learning about your enneatype. You will also become familiar with the ennegram map and how it can be useful in your life. $28. Call 417-8397; su@enneagramcenterofannarbor.com.

Metta: An Enneagram Approach to Lovingkindness with Su Hansen • May 18, 1-5:45 p.m. • We will explore lovingkindness and some of the ways we can open to it. The enneagram will provide us with an understanding of how each of us tries to survive, find satisfaction and happiness as well as how we suffer and close ourselves off. We will learn how we can relieve suffering and enter into openhearted compassion for ourselves and others. $53. Call 417-8397; su@enneagramcenterofannarbor.com.

The Crazy Wisdom Calendar will be posted online starting May 1, 2013 at crazywisdom.net.

The Crazy Wisdom Calendar

Exercise & Fitness

Pilates with Michelle of Kenville Studios of Dance • Wednesdays, Noon • Exercise for flexibility, strength, and control. People of all ages and abilities will benefit. $60 for five weeks. Call Colette at 302-3502; director@kenvillestudios.com or kenvillestudios.com.

Nourishing Nia at Noon with Megan Sims • Tuesdays, Noon • A delicious, full-bodied, open-hearted cardio workout with low impact. Made for every fitness level. $12 drop-in or $10 pre-registered. Call 417-7020; megansims600@gmail.com or meganrose.org.

> "Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten."
>
> ~ Neil Gaiman

2nd Annual Kite Network 5K Fun Run and Family Walk • May 18, 9 a.m. • Come join us for a day of exercise and family fun while helping this important nonprofit raise awareness and funds for needed services in our community. $30 for 5K or $10 for one mile family walk. Call Victoria at 313-300-9737; vturner@comcast.net or thekitenetwork.org.

Exhibits

Art Exhibits at University of Michigan Museum of Art • Admission is free, with $5 suggested donation. Call 764-0395; umma.umich.edu.
Florencia Pita/FP Mod through June 16
Buddhist Thangkas and Treasures through June 9

Festivals

YogaFest with Song of the Morning • Aug. 16-18 • An incredible weekend festival at Michigan's oldest yoga retreat, located in northern Michigan. Enjoy workshops, presenters, music, yoga, and healing all weekend for an incredibly affordable rate. $30 per person plus lodging. Call Angela at 248-635-5407; admin@yogafestmi.com or yogafestmi.com.

EcoRide 2013 • June 23, 7 a.m.-2 p.m. • Ecology Center's 40th Annual Bike Ride Fundraiser at Riverside Park. Build healthy, sustainable communities with fun, fitness, food, music, and fundraising. Donation by sliding scale. Call Ken at 369-9279; ken@ecocenter.org or ecocenter.org.

Ann Arbor Summer Festival • June 14-July 7 • The long-awaited Summer Festival returns with dynamic performances, live music, and films under the stars. Major features include Prairie Home Companion with Garrison Keillor on June 1 and Toronto's Les 7 Doigts de la Main performing their Sequence 8 on June 23. For complete listings of events, visit annarborsummerfestival.org. For tickets, call 764-2538 or 800-221-1229; a2sf.org.

Film

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.
May 31 • Brother Sun, Sister Moon
June 28 • Compassion in Emptiness
July 26 • Pay It Forward
Aug. 23 • Cloud Atlas

Free Film Nights at Center of Light • Includes discussion and light refreshments. Free. Call Rev. Selena Lucas at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.
May 24, 8 p.m. • Scared Sacred
June 21, 8 p.m. • Occupy Love
July 24, 7:30 p.m. • Sacred Journey of the Heart

Flower Essences

Bach Flower Essences for Healing with Laurie Akerros • June 15, 9 a.m.-5 p.m. and June 16, 9 a.m.-12:30 p.m. • Bach Flower Essences gently help achieve harmony and balance to all aspects of our being. Students will experience an in-depth study of the 38 Bach remedies, as well as learn how to diagnose what particular remedies would serve someone with proper preparation of the essences. Using flower remedies is a wonderful adjunct to any massage or holistic therapy practice. $165. Call 369-0700; lakerros@hotmail.com.

Healing

Quantum Reflex Integration with Bonnie Brandes • May 16-18, 9 a.m.-6 p.m. • This class is for parents, therapists, educators, and health professionals along with those who want to think clearer, relieve stress and pain, and get integrated. We will combine sound (harmonious frequencies) and light (low level laser therapy) to revolutionize the way reflexes are integrated. Cold lasers are combined with the integration of primitive reflex patterns and improvements are seen in cognition, behavior, emotional stability, and movement. $550. Call JUMP-IN Therapy and Wellness at 810-231-9042; info@jump-in-products.com or jump-in-products.com.

The Many Uses of Cold Laser Technology with JUMP-IN Therapy and Wellness • May 20, 6:30-8:30 p.m. • Experience the crystal matrix transmitter with infinite frequencies combined with light for relaxation and focus. Learn the many uses for the cold laser, including healing of soft tissue, brain injury, stroke, inflammation, pain, and tissue repair. $20. Call Christy at 810-231-9042; info@jump-in-products.com or jump-in-products.com.

Body Poetry with Andrea Hill • Wednesdays, 10-11:30 a.m. or Sundays, 4:30 p.m. • Through gentle, guided awareness exercises, we allow the body to teach us what it needs, what it knows about our lives, and how we can be happier and more creatively engaged with it. We use the language of the body - breath, touch, sound, and movement - to enter into a healing conversation, release old pain patterns or experiences, and become more available to the present moment. $10-$25 sliding scale. Call 255-8487; ahillbodypoetry@gmail.com or body-poetry.com.

Healing Circle with Deep Spring Center • Tuesdays, Noon-1 • We will sit together, then offer or receive the loving touch of health and wholeness. Please come whenever you can. Also, let us know of your wellness concerns and we will "call you in" and hold you in the light at our group gathering. By donation. Call 477-5848; info@deepspring.org or deepspring.org.

Transformational Healing Retreat at Self Realization Meditation Healing Centre • July 5, 11:15 a.m. to July 7, 1:30 p.m. • This retreat includes a natural spiritual healing appointment, a group transformation hatha yoga class for all levels and abilities, time for meditation, and plenty of free time to rest, read, contemplate, walk in nature or whatever else your heart calls you to do. $240. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Be Young Essential Oils Support Group with Karlta Zarley • Second Wednesday of each month, 6:30-8:30 p.m. • Many of us are interested in the potent effects of Be Young essential oils but aren't sure how and when to use them. This class is for anyone using Be Young oils that wants to learn about them for daily use. $15 suggested offering. Call 433-9333; kzarley@att.net or karltazarley.com.

Guided Visualization for Healing Yourself and Others with Glenn Pailthorp • June 9, 2-4 p.m. • Using guided visualizations, you will clear the aura to develop your inner sight and open heart. Doing so creates the foundation for healing yourself and others through the practice of remote healing. $10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Healing and Ritual with Stones and Crystals with Karlta Zarley • May 29, June 26, July 24, Aug. 28; 6:30-8 p.m. • This class will explore how to "hear" what stones have to tell us, how to use them in healing and ritual, and how to tap into their frequencies and wisdom. This class is set up for you to come when you can. Bring a stone or crystal you want to talk about. $15 suggested offering. Call 433-9333; kzarley@att.net or karltazarley.com.

Herbs, Plants & The Garden

Herbal Wisdom Series with Linda Diane Feldt • 7-8:30 p.m. at Crazy Wisdom Community Room sponsored by People's Food Co-op • All evenings are free. To pre-register, call Karen at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.
May 23 • Herbal Allies for Women • Herbs can provide support for menstruation, pregnancy, menopause, and life. An overview of some of the common and safe herbs available. Men welcome as well.
June 27 • There Is A Free Lunch • Foraging tips and ideas, including locations, what to look for, a few recipes, and how to be safe.
July 25 • How to Talk to Plants and Avoid Giving the Impression of Lunacy • This popular talk gives ideas about how to tell what a plant needs, what value the plant has, and easy ideas to enhance your plant intuition.

23rd Annual Ann Arbor Garden Walk with Ann Arbor Farm and Garden • June 8, 10 a.m.-4 p.m. • Get ideas and inspiration on this self-paced tour of private gardens. Proceeds benefit local garden-related nonprofit groups and projects. $15. Call Carrie at 635-2247; aafgnews@gmail.com or annarborfarmandgarden.org.

Herbal Medicine Making Workshop with Anna Fernandez • May 25, 1-6 p.m. • Come learn the basics of herbal medicine making. We will make teas, medicinal oils, salves, creams, tinctures, elixirs, and more. You will go home with a little herbal pharmacy. $60 plus $20 materials fee. Call 395-5868; mother.bloom@yahoo.com or motherbloom.com.

Medicinal Herb Walk with Anna Fernandez • May 26, 12:30-2 p.m. • As we walk along the trails of Saginaw Forest, we will stop and discuss the virtues of many of the wonderful plants that call this forest home. $10 suggested donation; free for those unable to pay. Call 395-5868; mother.bloom@yahoo.com or motherbloom.com.

Gardening Series with Bloom! Gardens • Most workshops are free. For more information, contact Atsal at 426-6600; atsal@bloom-gardens.com or bloom-gardens.com.
Container Water Gardening with Cory Mann • May 4, 3-4 p.m. • Looking to liven up a dull patio? A primer on self-contained water gardens that are great for small spaces and low maintenance.
Photographing Your Garden with Jeeheon Cho • May 4, 10-11:30 a.m. • A workshop on photographing your garden, with a focus on composition and macro photography of flowers. Bring your own camera. $5.
Soil Ecology with Jessica Snyder • May 11, 10-11 a.m. • Learn how to build and maintain better soil for you garden and seasonal vegetable beds.
Grilling from Your Garden • June 8, 10-11 a.m. • Learn to grill like a professional with veggies and herbs you can grow in your garden, with grilled samples on hand.
Flowering Shrubs with Tim Parker • June 22, 10-11 a.m. • Tim will bring shrubs that you can plant in your yard along with care instructions. He will also answer questions about the current shrubs you own and love.
Water Gardening with Cory Mann • July 13 • Cory will introduce water gardening plants and trouble shoot any pond or water gardening difficulties. (Call for times.)
Succulents • July 27 • We will look at different succulents and ways to enjoy them in your home and garden. (Call for times.)
Herbs • Aug. 10, 10-11 a.m. • How best to plant, harvest, dry, and use herbs.
Grasses • Aug. 24, 10-11 a.m. • Grasses add texture, shape, color, and beauty to a garden.

Wild Edible Greens with Chelsea Community Kitchen and Michigan Friends Center • June 1, 2-4 p.m. at Friends Lake • Local, organic greens right in your backyard! Learn how to identify these edible abundant plants and ways to use them in salads, soups, and more. Pictures of plants will be available, but bring a camera if you wish. Please no sandals. $15. Call Carolyn at 734-475-1987; manager@mfcenter.org or mfcenter.org.

Holistic Health

Integrative Mental Health Panel with Diana Quinn, Barbara Brookens-Harvey, and Abby Humphrey • May 22, 6:30-8 p.m. • Join us as we discuss the benefits of integrative medicine to augment treatment for depression and anxiety. Our holistic practitioners will speak on their experience in working with patients in partnership with mental health providers to provide comprehensive complementary service. Discussion follows. Free. Call Hygeia Center for Healing Arts at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Natural Health Fair at NSHA with Naturopath Interns • April 28, 2:30-5:30 p.m. • Our ND interns offer green rounds, assessments, discussion, refreshments, and herbal medicine, situated throughout our 4,100 sq. foot school and clinic space. Come learn something about traditional naturopathy and yourself. Free. Call 769-7794; naturopathicschool@gmail.com or naturopathicschoolofannarbor.net.

Free Natural Health Fair at NSHA with Naturopath Interns • June 23, 2-4:30 p.m. • Come and experience an herbal medicine products table, digestive health talk, constitutional readings through iridology, polarity, energy balancing sessions, refreshments, raffle, and more. Free. Call 769-7794; naturopathicschool@gmail.com or naturopathicschoolofannarbor.net.

> "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."
>
> ~ Lao Tzu

Wellness Orientation Workshop with Jonathan Lazar • Tuesdays: May 7-Aug. 27, 6-7 p.m. • Dr. Lazar will explain how the nervous system controls and coordinates the functions of all cells, tissues, organs, and systems of the body. Is your body functioning the way it should? Come learn how to live the life you were intended. Free. Call Kim at 274-5107; care@lazarspinalcare.com or lazarspinalcare.com.

Heartmath for Health: Emotional and Spiritual Results with Melanie Fuscaldo • May 14, Noon-1:30 • Learn a strategy to bring harmony to your brain, heart, and nervous system for positive health, with emotional and spiritual results. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Homeopathy

Castle Remedies' Introduction to Homeopathy with Mary Tillinghast • Choose from one of the following sessions: Saturdays, 2-4 p.m.: May 11, June 1, July 13 or Mondays, 7:30-9:30 p.m.: May 20, June 17, July 22 • This is a practical, two-hour class that guides you through the process of choosing the correct homeopathic remedies for common symptoms for you and your loved ones. $60. Call 973-8990; mary@castleremedies.com or castleremedies.com.

Hypnosis

Past Life Regression for Present Day Relationships with Glenn Pailthorp • July 14, 2-4 p.m. • You will be taught a simple and powerful way to use self hypnosis. Then, you can discover how past life regression can help you understand yourself, your soul journey, and present day relationships. $10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Infant Massage

Infant Massage and Attachment with Sierra Hillebrand • Four Tuesdays: May 28-June 18, June 25-July 16 or Aug. 20-Sept. 10; 11:15 a.m.-12:30 p.m. • Develop loving communication and attachment with your baby, while also learning techniques to soothe fussiness, improve sleep, and promote relaxation. For parents/caregivers and babies four weeks to crawling age. $110. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Intuitive & Psychic Development

Drop-In Intuitive Readings with Irena Nagler in the Crazy Wisdom Tea Room • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. $1 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Heart Based Intuitive Development with Melanie Fuscaldo • May 17, Noon-1:30 • Develop your intuition with heart based techniques to discover information about career, relationship, health, and spiritual goals. Explore inner purpose and career path. $30. Call Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Intuitives Interactive with Amy "Metafizzy" Garber • First and Third Sundays, 2:30-5 p.m. • For intuitives, indigos, and anyone wishing to explore metaphysical topics with like-minded individuals. Includes exercises to develop intuition, demonstrations by practitioners, discussion, sharing, and social time. Donation basis. Call 358-0218; metafizzy@gmail.com or meetup.com/intuitives-interactive.

Teleconference Focused Mind Meditation Practice Session with John Friedlander • May 5, June 2, July 7, Aug. 4; 10-Noon • The development of sustained, focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. Each participant will leap ahead with his/her spiritual abilities and also make an excellent start in developing sustained, focused attention so valuable in developing both abilities and character. $15. Call Violeta at 677-2761; mvaviviano@gmail.com, psychicdevelopment.cc or psychicpsychology.org.

Teleconference Seven Planes of Consciousness Practice Session with John Friedlander • May 15, June 19, July 17, Aug. 21; 8-9 p.m. • This is a continued exploration of the 49 specific energies of the seven planes, each with seven sub-planes, as described in the Theosophical literature of the early 1900's. The Theosophical writers brilliantly described the whole scope of human potential, synthesizing eastern, western, and channeled material in a relatively easy to understand schema of the 49 sub-planes. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com, psychicdevelopment.cc or psychicpsychology.org.

Teleconference Kundalini Meditation and Clearing with John Friedlander • May 21, June 25, July 23, Aug. 27; 8-9 p.m. • This is a channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com, psychicdevelopment.cc or psychicpsychology.org.

Continued Exploration with Etheric Energy with John Friedlander • July 20, 9 a.m.-6 p.m. and July 21, 9 a.m.-3 p.m. • We will discuss clairvoyant exploration using etheric energy. $225 early registration. For more information, contact Gloria at hemsherglo1@yahoo.com, psychicdevelopment.cc or psychicpsychology.org.

Toe Reading Workshop Level 1: Walking Your Destiny with Deb Foggio • July 13, 1-4 p.m. • Toe reading can certainly be a fun and entertaining parlor game. However, people will accuse you of being psychic because you can become so accurate. Toe reading is a way to create deep insight into your own life or the lives of others by understanding that the toes and sole of the foot are a hologram for everything that has happened in one's life. $65 pre-registered. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Readers/Healers Night with Deb Foggio • May 13, June 10, July 8, Aug. 12; 7-10 p.m. • An evening of readings, healings, and connecting. This is a fantastic opportunity to come experience many wonderful healing and spiritual modalities presented by gifted practitioners. You can explore different types of readers, intuitives, and mediums. $5 admission and $15 for readings/healings. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Intuitive and Psychic Work Circle with Deb Foggio • May 6, 20, June 3, 17, July 1, 15, Aug. 5, 19; 7-9 p.m. • Where do you go when you have developed your psychic/intuitive abilities and you have no place to practice? Or what if you have some of your skills developed, but you want to learn more? Maybe you want to really make the ones you have more authentically yours. Each month, there is a different modality that is practiced and expanded upon. $20. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Natural Spiritual Healing for Animals

Joanne Peeters is the Centre Director of the Self Realization Meditation Healing Centre in Bath, Michigan. She is also a teacher in training of Natural Spiritual Healing for people and animals.

By Joanne Peeters

Giving Natural Spiritual Healing to animals is a joy. It's about learning to let the healing energy of unconditional love flow through you, to the animal, from the Oneness. We give Natural Spiritual Healing through the hands, with or without touch, letting the love do the work. There is no set format for giving healing to animals; it's about flowing with them and the healing energy, and adjusting to their temperament and movement, as they are all different and it's not realistic to expect them to hold still. Animals that are happy with touch often "present" the area they would like healing for — rolling onto their back or putting a sore leg out. Wild or abused animals and a number of farm/herd animals would be disturbed if the healer touched them,

Animals that are happy with touch often "present" the area they would like healing for — rolling onto their back or putting a sore leg out.

so healing would be given from a comfortable, safe distance for both the animal and the healer. There is no limit to the healing energy other than in our minds, which is why healing can be sent to an animal at any distance, from a few feet away to across the world. Healers can also use their eyes and voice to help calm and reassure an animal if they intuitively feel it's needed.

My special needs horse, Odie, helped me to believe in Natural Spiritual Healing. I was somewhat skeptically — ok, very skeptically — receiving Natural Spiritual Healing to help with my own recurring bronchitis and mental/emotional challenges. I thought I was mainly going for the talking part of the appointment; Odie helped me to see more. He was born on a farm that strived to produce very large horses by over-supplementing them at a very young age. He grew rapidly, but developed neurological problems before he was a year old. He could sort of walk and canter, but one back leg wasn't really under his control. He had a very calm, sweet nature though, so someone bought him in hopes that he could be saved. He saw lots of vets who said don't bother, he will always be dangerous to ride because his back leg didn't work right. One vet said throw him in the pasture, don't feed him any grain, don't look at him for six months, and then let's look again.

He got better enough that they kept trying. He grew to over 17 hands tall and very long. I started working with him when he was six. The back leg issue never went away, but with *lots* of patient work he became ride-able. However, he was a very "hard-keeper," unable to gain weight, even with 18 lbs of grain, good pasture, and lots of hay every day — that's a 50 lb bag of grain every two and half days! And he had trouble with his hooves cracking and breaking (nature's way of keeping his back ones trimmed since he

Intuitive & Psychic Development

Psychic Development Advanced with Deb Foggio • Six Thursdays: May 2-June 6, 7-9:30 p.m. • This class is for those students who have embraced their gifts and desire to expand their understanding and knowledge of the more spiritual aspects of the psychic realm. It includes instruction on how to become a spiritual/psychic/intuitive reader. More complicated modalities are taught and students study experientially to begin to perfect the technical as well as personal understanding of each process. $195 pre-registered. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Development A2 (Advanced Advanced) with Deb Foggio • Six Thursdays: June 13-July 25, 7-9:30 p.m. • This series is for those students who desire to increase their proficiency in using various modalities. In the process, there is opportunity to expand their abilities as intuitive counselors or healers. More modalities will be taught to assist them in understanding the more spiritual aspects of the psychic realm. $205 pre-registered. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Protection and Spirit Removal with Crystal Moon Paranormal • May 30, 6:30-9 p.m. • Psychic protection is something everyone should know. Learn how to raise your vibration for psychic awareness safely, how to guard against unwanted spirits in your home, and how to perform a clearing with hands-on practice. $40 includes a take-home kit with supplies for a clearing and a protection amulet. Call Heidi at 734-788-6478; cedena-heidi@sbcglobal.net or crystalmoonastrology.com.

Get INTUIT! The Business Side of Intuition with Shala Kilmer • Eight weeks starting June 5, 6:30-9 p.m. • This intuition training will increase your business savvy and process. Bring your questions and get boots-on-the-ground problem-solving tools and techniques. $497. Call 248-258-8287; shala@intuitionpath.com or intuitionpath.com.

Chakra Meditations to Enhance Intuition and Healing Abilities with Glenn Pailthorp • Aug. 11, 2-4 p.m. • We practice what is called "running energy" to discover and clear our chakras and energy body. As a result, we become more aware of natural psychic abilities. With regular practice, there are many benefits to mind and body. $10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Jainism

Weekend Seminar with Jain Master Gurudev Shri Chitrabhanuji • July 13-14 • This seminar will explore the 5,000 year old Jain teachings of Ahimsa Reverence of Life and Anekantevada by a master. Through these teachings he gives practical guidelines for daily life and self-realization. Lectures, blessings and group photo each day. Love offering. For times, call Patricia 734-417-5804; thielp17@yahoo.com or lighthousecenterinc.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 106.

couldn't hold the one up for the farrier — but it was really hard on his front feet!). I thought I'd see if healing could help him.

After just a few visits, he started changing. Pretty rapidly we reduced his grain to about five lbs a day — he was actually fat at one point! This really helped me to believe in healing, because you can't *talk* a horse into getting better.

There are a few other stories that convinced me that the Natural Spiritual Healing technique helps animals. We helped a cat that was almost blind in one eye and was very nervous around people, with a tendency to scratch. One of his parents was feral. He was adopted by two of our trained animal healers and began having regular healing. You could see him change as the months went by. He is now much more relaxed and tolerant of people, and only scratches if provoked. Now, when he is receiving healing, he will allow the healer to touch him and he purrs away happily.

Another rescue, an Alsatian-Labrador cross, was adopted by students of the Self Realization Meditation Healing Centre Animal Healing Course. He had a very nervous temperament, and used to run away whenever the owners approached the broom closet. They think he had been physically abused before the rescue center took him in. Having regular healing helped him be a much more relaxed and settled companion. Later in life he lost an eye and was given healing regularly, including before and after surgery. The vet commented how amazed he was at how quickly the wound from the operation healed.

The last story I'll share with you is one of a sheep that had diarrhea problems for years, despite a very caring, responsible owner who ensured excellent vet care, proper food, and had tried probiotics and a number of spiritual/energy healing methods she was practicing. Nothing "solved" it for this ewe. She was one of a small herd and none of the others had the problem. She received Natural Spiritual Healing twice; the first time when we visited her farm to talk to the owner about the possibility of hands-on practice and the second time when two of the students gave her herd a healing. She's been fine ever since and no longer earns her nickname "Poopy"!

Another rescue, an Alsatian-Labrador cross, had a very nervous temperament… They think he had been physically abused before the rescue center took him in. Having regular healing helped him be a much more relaxed and settled companion.

Although healers cannot guarantee a cure or that a particular problem be "fixed," all animals that receive Natural Spiritual Healing can benefit, and many receive help with physical illness, injury, or behavior problems.

Now, I cannot say for certain, but I do feel that not only the way that we practice healing, but also the clarity and dedication of the healer make a difference. Remember it's about allowing the healing energy of unconditional love flow through you, to the animal, from the Oneness. That year, all the students were experienced Natural Spiritual Healers for people and animals and were also devoted Pure Meditators. Pure Meditation is an ancient art and science brought to us through Mata Yoganandaji, a self-realized soul who founded the worldwide Self Realization Meditation Healing Centres to help people and bring unconditional love, peace, and spiritual wisdom to all who seek it. Practicing the in-depth, Pure Meditation as healers helps us to connect with the Oneness and unconditional love on a daily basis, thus developing and deepening our link. It also purifies our whole being, which allows us to be clearer conduits for the healing energy.

Not only the way that we practice healing, but also the clarity and dedication of the healer make a difference.

Through the two-day Animal Healing Course you can learn to give healing to animals yourself, to use this beautiful discipline professionally or in your own home. The only qualification needed is a love and respect for animals. A holistic approach is used in order to deepen our understanding of the balance between animals, people, and the world in which we live. By seeing the body/mind/spirit as interconnected levels, and honoring each as having an important role, every aspect of an animal's being is able to benefit from the healing.

Joanne Peeters, Dip NSpH, PCouns, Dip THY&R, lives and works at the Self Realization Meditation Healing Centre in Bath, Michigan, (near Lansing). Joanne has the blessing to teach the Pure Meditation Course, which includes Raja and Kriya Yoga. She also teaches the Pure Meditation Foundation, Preventing Burnout With Holistic Energy Care, and Transformation Hatha Yoga. She is also a teacher in training of Natural Spiritual Healing for people and animals, and the Centre Director.

Animals may receive Natural Spiritual Healing at the Centre. Home visits or distance appointments may be arranged for larger animals or groups of animals on farms. Over the years they've seen animals of all shapes and sizes for healing — cats, dogs, crabs, parrots, horses, and many more! The next Animal Healing Course in Michigan will be October 5-6, 2013. Contact the Centre or visit their website for the dates of other upcoming courses at www.selfrealizationcentremichigan.org.

Kabbalah

Practical Application of Kabbalah: Transformational Year-Long Journey through the Tree of Life with Karen Greenberg • Monthly for 12 months starting Aug. 29, 6:15-9:15 p.m. • Learn how to identify your soul's purpose and how to financially support yourself living it. Learn how to develop a personal relationship with the Creator/Higher Power, how to identify, express healthily, and clear low vibrational emotions, limiting thought beliefs, and patterns, how to work toward optimal health and relationships, and how to organize your life and living conditions. $137 per month. Call Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Labyrinth

World Labyrinth Day Walk with Gail Ristow • May 4, 11 a.m.-3 p.m. • Celebrated the first Saturday in May each year, this is a day where we can all join in a global community of people all over the world walking labyrinths with the intent of helping our planet and all living creatures. People join together to walk labyrinths for the love and good of all. There is great power manifested in this effort and unity. Free. Bring a snack to share. Contact risingg@gmail.com or beadherenow.net.

Life Transitions

Organizational Self Awareness: A Holistic Approach to Business Strategy with Barry Lipscomb • May 16, 6-8:30 p.m. • This intentional living workshop hosted by Peaceful Crossings provides entrepreneurs and small business owners with an introduction to a tangible system to holistically account for your business that is built around a balance sheet, holistic decision making, and a dashboard of metrics. $20 if pre-registered. Call Callan at 660-8622; callan@peacefulcrossings.com or peacefulcrossings.com/upcoming-life-transitions-workshops.html.

Creating Personalized Rites of Passage with Callan Loo • June 6, 6:30-8:30 p.m. • Rites of passage are traditionally ceremonies that recognize and celebrate the passing from one life stage to the next. In this intentional living workshop by Peaceful Crossings, we'll discuss the important of rites of passage, look at good examples of them from numerous sources, and lay the groundwork for creating personalized rites of passage for you or those you love. $20 if pre-registered. Call Callan at 660-8622; callan@peacefulcrossings.com or peacefulcrossings.com/upcoming-life-transitions-workshops.html.

A Conscious, Unbiased Look at Divorce with Callan Loo • June 13, 6:30-8:30 p.m. • Divorce has a major impact on our society. This workshop is intended to help you privately take a conscious and unbiased, closer look at divorce - whether you're considering one, are in the middle of one or are in the process of recovering from one. This workshop will help you understand the issues you're likely to face, the key questions you need to ask yourself, and the resources that are available to help. $20 if pre-registered. Call Callan at 660-8622; callan@peacefulcrossings.com or peacefulcrossings.com/upcoming-life-transitions-workshops.html.

The Crazy Wisdom Calendar

Life Transitions (continued)

Introducing Business Legacy Fulfillment with Callan Loo and Neil Simon • July 11, 6:30-8:30 p.m. • Your business plays a critical part in defining your personal legacy, and you would want it to survive and thrive long after you're no longer personally involved with it. What would happen to your business if something unexpected were to happen to you? Callan will lead a workshop addressing what we can do as small business owners to help ensure our businesses are healthy and could thrive even in our absence. $20 if pre-registered. Call Callan at 660-8622; callan@peacefulcrossings.com or peacefulcrossings.com/upcoming-life-transitions-workshops.html.

Love & Relationships

Awakening to Love with Human Awareness Institute • May 18 and July 27 at Crazy Wisdom Community Room • This is an experiential workshop to explore ways to increase intimacy in your life. You will have the opportunity to connect with others through verbal sharing and exercises designed to open your heart. Free. For times, call Maureen at 523-8566; midwestoffice@hai.org or hai.org.

Healthy Boundaries with Karen Greenberg • Aug. 4, 2:15-6:15 p.m. • Learn how to clarify within yourself, how to set, and how to enforce healthy boundaries in a variety of situations - with children, spouses, parents, siblings, friends, neighbors, business associates, and with yourself. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Adam Kadmon: Full Light Body Activation with Karen Greenberg • June 21, Noon-7 • Work toward creating the divine union energy between you and your mate. Learn to flow an infinite energy exchange between you and your mate with full light body activation. Live blissfully in unity consciousness. $295. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Magnetizing Your Ideal Mate with Karen Greenberg • July 28, 2:15-6:15 p.m. • Identify your ideal mate's characteristics. Learn specific ceremonies and techniques to facilitate magnetizing your ideal mate. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Temple Community Gathering at Mystery School of the Temple Arts with Leslie Blackburn • May 19, 5-7 p.m. • This is a regular gathering for seekers to get a chance to connect and discuss openly on sexuality, tantra, consciousness, spirituality, and more. After an opening meditation, we hold a sacred circle, creating a safe space to share and ask questions on intimate topics you didn't think you could talk about. Free. Contact dakini@mysteryschoolofthetemplearts.com or mysteryschoolofthetemplearts.com.

Massage

Drop-In Massage with Molly Jones at Crazy Wisdom Bookstore • Second and Fourth Fridays, 4-7 p.m. • Come to the second floor of Crazy Wisdom and receive a relaxing, restorative seated chair massage. $1 per minute. No appointment necessary. Call 317-607-0618; jonesmo@umich.edu.

Partner Yoga and Thai Massage Retreat with Tatianah Thunberg and Kelly Kempter • July 26, 5 p.m.-July 28, 2 p.m. • Join us at Song of the Morning Ranch for a restorative retreat, expanding our capacity to touch and receive touch more deeply. Dynamic partner yoga, breath regulation, and meditation offer an opportunity to explore Hatha yoga while cultivating closeness and subtle communication with another. Thai yoga massage offers an opportunity to continue this conversation through giving and receiving touch grounded in the breath and supported by compassion and lovingkindness. $130 plus lodging. Call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com/yoga-retreats.html.

Massage School Informational Orientation with Lennen Chance • 10 a.m. Orientations: May 10, 15, June 6, 19, July 16, 29, Aug. 7, 19; 6 p.m. Orientations: May 21, June 12, 25, July 10, 23, Aug. 14 • Have you thought about becoming a massage therapist? Come visit to see what our program is all about and why Ann Arbor Institute of Massage Therapy's program is the one for you. Free. Call Lennen at 677-4460; lchance@aaimt.edu or aaimt.edu.

Massage Clinic by Donation with Massage Therapy Instructors of NSHA • Ongoing May-August • Welcome to a professional massage therapy student clinic and experience Swedish, connective tissue, myofascial, reflexology, energy balancing or pregnancy massage. One hour sessions by donation. For times, call 769-7794; naturopathicschool@gmail.com or naturopathicschoolofannarbor.net.

Meditation

Day of Mindfulness with Paulette Grotrian • May 11, 10 a.m.-3:30 p.m. • This day includes sitting and walking meditation, mindful movement, mindful eating, and mindfulness in nature, along with instruction and inspiration. This is a day of self-care, rest, renewal, and healing, held at Matthaei Botanical Gardens. $45. Call 276-7707; grotrian@wccnet.edu.

Mastering Meditation with Kapila Castoldi • May 21, 28, and June 4; 7-8:30 p.m. at Crazy Wisdom Community Room • Series of three introductory sessions offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques; meditation on the heart; and the role of music and mantras. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Weekly Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7-8:30 p.m. • Each chanting and meditation satsang includes inspirational reading, a long chant, and 20 minutes of meditation. Free. Call Dunrie at 726-0318; symcannarbor@gmail.com or symcannarbor.org.

Inner Sky Satsang with Aura Glaser • May 11 and June 8, 11 a.m.-12:30 p.m. • Satsang is a space for exploring and realizing our true nature, for coming home to ourselves. It is a meeting in support of awakening. These gatherings include guided meditation, sharing of dharma, spiritual storytelling, and time for inquiry. The word "satsang" comes from the Sanskrit "sat" meaning truth and "sang" or "sangha" meaning community or company of spiritual friends. Open to all, by donation. Call Stephen at 717-9028; inquiry@innersky.net or innersky.net.

Ann Arbor Open Meditation with Libby Robinson, Frank Anderson, Brodie Burris, Diana Gonzalez, Paul Najar, Frank Levey, and Joya D'Cruz • Thursdays, 7:30-8:30 p.m. • Drop-in meditation sessions open to all with or without experience. Meditations are secular (not religious) and primarily mindfulness with some concentration and lovingkindness practice. Donation optional. Call Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Ongoing Group Meditations at Deep Spring Center • All are welcome. Donations to Deep Spring deeply appreciated. Call 477-5848; info@deepspring.org or deepspring.org. **Tuesdays, 6:30-7:15 a.m. •** Please enter and depart in silence (no instruction provided). **Sundays, 10-11:30 a.m. •** Sitting meditation from 10-11 a.m., followed by mindful sharing.

The Brahma Viharas: Lovingkindness, Compassion, Sympathetic Joy, and Equanimity with Lisa Zucker of Deep Spring Center • Tuesdays: May 7-June 11, 7-9 p.m. • This class will focus on the Brahma Viharas, the beautiful support practices that the Buddha taught. These practices will help bring a ligther attitude to your Vipassana practice and to your life. They are useful both on the cushion and off, for continuing students only. $48 building fee with opportunity to offer dana for the teacher. Call 477-5848; info@deepspring.org or deepspring.org.

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Enjoy private use of 140 acres of pristine nature with hills, old growth woodlands, meadows and pastures bordered by the Flint River. Canoe or kayak in the pond. Hike, mountain bike, snowshoe or cross country ski the wooded trails that crisscross the land.

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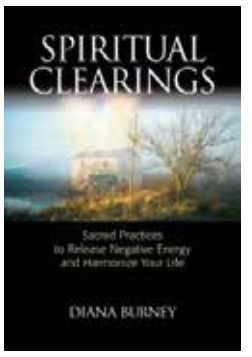

Spiritual Clearings
Sacred Practices to Release Negative Energy and Harmonize Your Life
by
Diana Burney, RN, BSN, M.Ed

SpiritualClearings.com

An Award Winning blend of spiritual and practical material, *Spiritual Clearings,* offers a comprehensive checklist of situations that may require a personal, home, property, or business Clearing; from feeling "stuck" in life, to selling a home.

Also discussed, are different categories of energy, its presence in the invisible world, and the unseen influences that may be drawn to discordant energy.

The book's Clearing exercises include prayers that invoke the assistance of the Archangels and Ascended Masters, incantations and chants from different spiritual traditions, and the visualization of the Violet Flame. (ISBN 978-1-55643-815-8)

De-Stress Your Life, Heal with Meditation with Rheisa Barres and Craig Parian • May 16, 7-9 p.m. • Feeling stressed? The brain and the body are intimately connected to our physical, mental, and emotional well being. Come learn relaxing meditation techniques that allow you to "C" first with creative versus reactive responses when stress patterns are triggered in your life. $15. Call Rheisa at 248-212-8801; lightpluswisdom@gmail.com or lightpluswisdom.com.

2nd Friday Night Group Meditation with Linda Benedict and Bob Songer • May 10, June 14, July 12, Aug. 9; 7 p.m. • Participant-facilitated communal meditation meets monthly. Participants volunteer to lead the meditation, which provides a variety of modalities and practice formats. This then becomes both experiential and instructional. Free. Call Linda at 734-355-5385; linda.bodyharmony@gmail.com.

Twin Hearts Meditation with Center of Light • May 7, 21, June 4, 18, July 2, 16, 30, Aug. 13, 27; 7 p.m. • Twin Hearts Meditation, designed by Master Choa, is an advanced meditation technique aimed at achieving illumination or universal consciousness. It is also an instrument of world and community service that eventually harmonizes the earth by blessing it with lovingkindness, peace, joy, and goodwill. Free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Introduction to Meditation and Mysticism with Center of Light • Most Sundays • This is a powerful six-week introductory course designed for modern mystics. Classes include teachings on the inner spiritual path, meditation, soul, light, prayer, and blessing. Time will be spent teaching the principles of meditation that allow you to move deeper than the body, beyond thinking and emotions, and into the reality of God's peace and presence within. By donation only. For times, call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

A Day of Solitude and Meditation Practice with Carol Blotter • June 16 • This is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Instruction is available for those who wish it. These retreats are fundraisers for the benefit of Michigan Friends Center and Deep Spring Center. $30 suggested donation or as able. For times, call 475-0942; cb.meditate@gmail.com or chelseameditation.com/retreats.html.

Open Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Every Monday-Thursday and Saturday, 8:30 p.m. • The Centre is open for quiet reflection, silent prayer, and pure meditation. Everyone of all faiths, meditation practices, and traditions is welcome. Winged prayer for all in need at 9 p.m. Please come and go as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • May 17, 3-5 p.m. • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. $60 includes book and follow-up appointment. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Course including Raja Kriya Yoga with Self Realization Meditation Healing Centre • July 21-27 • Fly to self realization; find and live your true spiritual self. This is the ultimate course for the whole being - mind, body, and spirit. Realize the God within and bring love, peace, joy, and fulfillment to all aspects of your life. $765 includes accommodation and meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Sahaja Meditation with Sahaja Volunteer Mentors • May 11, June 8, July 13, Aug. 10 • Experience self-realization meditations through kundalini awakening. Using mantras and attention techniques, learn effortless meditation as taught by Shri Mataji Nirmala Devi. Free. For times, call Vic at 363-8423; vic@meditatewith.us or meetup.meditatewith.us.

Meditation in Everyday Life with Melanie Fuscaldo • May 21, Noon-1:30 • Develop skills to make your life a living meditation. Live as your true self with freedom, joy, peace, and power. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Free Guided Full Moon Meditation from the Comfort of Your Home • May 25, June 23, July 22, Aug. 21; 9-9:30 p.m. • There is no cost to connect. Tap into powerful energies, clear negativity and stress, raise your vibration, gain mental clarity, relax, and connect to source. The more that participate, the greater the energy, the more powerful the effect. Free. Call Dave at 734-416-5200; info@bodyworkshealingcenter.com.

The Mindfulness Meditation System with Antonia Sieira • Session I: May 7, 14, 21, 28; Session II: June 4, 11, 18, 25; 7-8:30 p.m. • These series present a system of breathing, balance, flexibility, and mental focus/concentration practices designed to create a total "mindbody" meditative experience. Each session builds on the one prior. $80. Call Pat at 734-416-5200; bodyworkshealingcenter.com.

Mindfulness Meditation Practice with Antonia Sieira • Thursdays in May and June, plus July 11 and 18; 7-8:30 p.m. • Learn a system of breathing, balance, flexibility, and mental focus/concentration practices designed to create a total "mindbody" meditative experience. Experienced meditators come and experience the synergistic effect of meditating in a group. Includes breathing, meditating, metta, and body focus. $15. Call Pat at 734-416-5200; bodyworkshealingcenter.com.

Learn to Meditate with Nirmala Hanke • May 31, June 28, July 26, Aug. 30 • Introduction to meditation - learn how "all meditations are good" and how your thoughts are an essential part of the process. Talk followed by 20 minute meditation experience with a mantra. $35, $25 students or $15 repeat. Call Patricia 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. No cost. Call 734-449-4381; thielp17@yahoo.com or lighthousecenterinc.org.

Memorial Day Meditation with Lighthouse Center • May 27, Gather at 7 p.m. with meditation at 7:30-8:30 p.m. • A meditation in memory of departed loved ones, especially those who have transcended in the last year. All meditators welcome. No cost. Call 734-449-4381; thielp17@yahoo.com or lighthousecenterinc.org.

Movement & Dance

Dances of Universal Peace with Judy Lee Trautman • May 3, June 7; 7-9 p.m. • Dances of Universal Peace were originated in the 60's in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. $5 donation. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Tree of Life Classes • Spring Session: April 8-June 3, Summer Session: July 8-Aug. 31 • Tree of Life Cultural Arts Studio offers various styles of movement and dance classes for kids and adults, including belly dance, zumba, hip hop, jazz, tap, and African dance. $12 drop-in for one hour class or $15 drop-in for 90 minute class with discounts for pre-registering. Call 717-0913; jen@treeoflifestudio.org or treeoflifestudio.org.

Remember the Time: A Tribute to Michael Jackson with Tree of Life Cultural Arts Studio • June 8, 7 p.m. at Pinckney Community High School • Special guest performers from Pinckney Dance Program join Tree of Life students and staff to bring you an evening of music and dance, inspired by decades of the King of Pop's most iconic songs and dance moves. $10 in advance or $12 at the door. Call 717-0913; info@treeoflifestudio.org or treeoflifestudio.org.

Invigorating Nia with Megan Sims • Tuesdays, 6:15 and Sundays, 10:30 • Nia has been putting the joy back into exercise for 28 years by fusing dance, martial, and healing arts principles to juicy world music. Burn calories and improve agility, mobility, strength, balance, and lung capacity. $15 drop-in. Call 417-7020; megansims600@gmail.com or meganrose.org.

Sweaty Soulful Nia at the Y with Megan Sims • Wednesdays, 9 a.m. and Fridays, 4:30 • Move to the beat for a delicious, full-bodied, open-hearted cardio workout. $15 drop-in for non-members. Call 417-7020; megansims600@gmail.com or meganrose.org.

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The Crazy Wisdom Calendar

Movement & Dance (continued)

Thirsty Thursday Nia with Megan Sims • Thursdays, 7:15-8:15 • Quench your thirst for grooving your body's way with a safe, thorough, and dynamic workout to great music. $12 drop-in or $40 for four classes. Call 417-7020; megansims600@gmail.com or megansims.org.

Dreaming a Place: Environmental Dance and Movement Meditation with Irena Nagler • May 29 at 6:30 p.m., June 27 at 7 p.m., July 18 at 6:30 p.m. • Outdoor movement meditation in communion with elements in nature. $5-$25 sliding scale. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

River and Dream with Irena Nagler • Aug. 22, 6:30 p.m. • A movement meditation session beside and in the Huron River. $5-$15 sliding scale. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

DMT Dance Meditation Technique with Michael Patrick Peters • May 18, June 22, July 20, Aug. 17; 7-11 p.m. • Every third Saturday at www.irenes.edu, lose 100 pounds of emotional weight in 90 minutes with DMT, the most beautiful and transformative whole being workout on earth. $20. Call 248-910-3351; admin@imaginedotv.com or dmtpractice.com.

Foli DMT Dance Meditation Technique with Michael Patrick Peters • May 24, June 28, July 26, Aug. 23; 7-11:30 p.m. • See above description. Are you afraid of dancing or love dancing? Do you think you know how to dance or don't know how? Do you know how to drum, play shaker or bells, or meditate or want to know? This is for you. $15. Call 248-910-3351; admin@imaginedotv.com or dmtpractice.com.

Music, Sound & Voice

Sacred Chant Concert with Snatam Kaur • May 12, 7:30-10 at Seaholm High School, Birmingham • Devotional chantress Snatam Kaur will present an evening of kirtan (sacred call and response music), singing, dancing, meditating, breathing, and celebrating that promises to elevate the spirit. Joining Snatam will be Todd Boston and Ramesh Kannan. $40-$45 general admission at the door; $10 for children 12 and under. $120 for concert and workshop. Call Robin at 248-723-9188; robin@karma-yoga.net or snatamkaur.com.

Joe Reilly "Greyhound Bus Tour" Album Release Concert • May 10, 8 p.m. at Kerrytown Concert House • Singer songwriter Joe Reilly and the talented collective of Earthwork musicians take you on a journey of music and spirit in this album release concert. Breathe with them as Joe's songs help you get rooted in all that is true and beautiful in yourself and in the world around you. Featuring Joe Reilly with Allison Radell, Seth Bernard, May Erlewine, Joshua Davis, and Michael Shimmin. $10 or $5 students. Call 769-2999; kch@kerrytown.com or joereilly.org.

Water Hill Music Fest • May 5, 2-6 p.m. • A unique neighborhood music festival featuring over 100 musicians in Ann Arbor's Water Hill neighborhood playing on front porches for passersby. Musicians include Chris Buhalis, Tree Town Community Chorus, Corndaddy, Los Gatos, and Shiphead, among many others. You will not find a food court or beer garden. So eat a good lunch, fill a water bottle, and set off to explore. Free. Call Paul at 883-9003; info@waterhill.org or waterhill.org.

Integrative Breathwork: A Musical Journey with Linda Adamcz • June 1, July 27; 10 a.m.-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal that can assist with life changes, grief or loss, job stress, burnout, trauma, abuse, addictions, and finding meaning and purpose. $65. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

The Flutter and Wow at Karl's Cabin • May 31, 9 p.m. • The band is very excited to return for a performance at the popular Karl's Cabin for an evening of great dining, beers, and Rustbelt Americana. Built in 1945, the authentic log cabin tavern became a popular stop for travelling musicians looking to make it big on the country circuit - once playing host to a young singer named Johnny Cash. $5. Call 734-455-8450; theflutterandwow@gmail.com or theflutterandwow.com.

HeartSounds: Music and Meditation for the Soul with Andrew Rogers • May 15, June 26, July 17, Aug. 28 • A monthly session of conversation, live channeled music, and meditation with angelic energy that raises the vibration within each participant, enabling them to have a profound and revealing meditation of peace and healing unique to their needs. $15. For time, call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Candlelight Meditation Concert of Healing Chants with Norma Gentile • June 22, 8 p.m. • Norma's classically trained voice and her natural ability to intuitively weave music and spirit together come alive in the candlelight as she sings. This Musical Solstice Meditation includes thousand-year-old healing chants written by St. Hildegard of Bingen as well as songs drawn through Norma from spirit and her musical Hathor guides. Come meditate and let the sound bathe you. $20 suggested donation. Call 330-3997; office@healingchants.com or healingchants.com.

Lakeside Music at Michigan Friends Center • June 12, 26, July 10, 31, Aug. 21; 7 p.m. • Live music open to the wider community. A causal, child-friendly environment suitable for persons of all ages. Come before the music for a 6 p.m. lakeside potluck with Friends Lake members. Bring a sandwich and dish to pass. Free. Call Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

Dhvani Sound: An Evening of Indian Music and Dance • May 18, 6-8 p.m. at Stamps Auditorium • In a unique collaboration, Ann Arbor artists Indian Classical Odissi dancer Sreyashi Dey, Hindustani classical vocalist Vineet Kshirsagar, and Rabindra Sangeet singer Mousum Banerjee join Fulbright scholar and tabla artist Nawal Singh to offer a rich program of dance and music, where each of the styles has worked in complex relationship with the others. This creative endeavor has resulted in a harmonious blend of rare artistry, with carefully crafted pieces highlighting a range of themes, moods, rhythms, and expression. Free. Contact sreyashi2@gmail.com.

Native American

Heritage of Healing Events • Call Shoshana at 734-550-7094; info@heritageofhealing.org or heritageofhealing.org.
Walk for Health • May 4, 11, 16, June 8, 13, 17, July 6, 28, Aug. 1, 5, 24, 29; Noon
Native American Movie Night • May 13, 29, June 10, 26, July 8, 31, Aug. 12, 28; 7 p.m.
Volunteer Orientation Meeting • May 8, June 12, July 9, Aug. 14; 7 p.m.

Naturopathy

Free Natural Health Fair with Traditional Naturopath Interns • July 28, 2-4:30 p.m. • We welcome the community to experience assessments for sleep issues, digestive health, chronic fatigue, and protocols for general rejuvenation. Enjoy a talk/demo and taste of the liver cleanse protocol. Free. Call 769-7794; naturopathicschool@gmail.com or naturopathicschool@gmail.com.

Open House at Naturopathic School with NSHA Staff • May 13-17, June 21-23, July 12-14, 26, 28; 10:30-Noon • We welcome you to visit the school while class and students are in session. Lively topics, tour the school, and pick up literature. Free. Call 769-7794; naturopathicschool@gmail.com or naturopathicschool@gmail.com.

Iridology with Jack Lewis • May 18, 10 a.m.-5 p.m. • A natural health technique by which patterns, colors, and characteristics of the iris are examined to determine information about systemic health. This information demonstrates susceptibility towards certain illnesses, reflects past medical problems, and may predict future health potentials. $50. Call Pat at 734-416-5200; info@bodyworkshealingecenter.comcast.net or bodyworkshealingcenter.com.

Removing Pesticides and Chemicals from Your Body with Nia Aguirre • May 18, 10-11 a.m.; May 22, 6-7 p.m. • The build-up of toxic chemicals and pesticides have a negative impact on your health. Learn how to remove them with foods and hydrotherapy. $30 includes a take home kit. Call 734-883-7513; niaaguirre@aol.com.

Back to Health After Radiation Treatments with Nia Aguirre • June 24, 6-7:30 p.m.; June 29, 10-11:30 a.m. • A must attend for anyone that has had radiation treatments because it stays in the body, causing negative side effects. Rebuild your immune system with foods and hydrotherapy. $30 includes a take home kit. Call 734-883-7513; niaaguirre@aol.com.

Nutrition & Food Medicine

Raw Foods Lecture Series with Ellen Livingston sponsored by People's Food Co-op • 7-8:30 p.m. at Crazy Wisdom Community Room • Free, but pre-register at peoplesfood.coop/news_and_events/ or by calling Karen at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.
May 14 • Learn the Amazing Benefits of a Raw Vegan Diet • You can be rid of bothersome symptoms and take charge of your health.
June 11 • Travelling in the Raw • Tips for staying raw and healthy on the road and away from home.
July 9 • Make Your Own Salad Dressings • Oil and vinegar-based dressings are not health foods. Learn some deliciously healthy alternatives you can make at home in minutes.

Women's Sports Hydration for Energy with Chef John • May 13, 7-9 p.m. at Crazy Wisdom Community Room • Whether you are a runner or a woman who wants to recover from a long day's work, what choices can boost hydration? What is the best nutrition for energy? $20 includes discussion, handouts, and food tasting. Call 635-1598; rawfoodchef.john@gmail.com or happyrawfood.com.

Women's Sports Nutrition with Chef John • May 20, 7-9 p.m. at Crazy Wisdom Community Room • We will show a video of cancer survivor and marathon runner Ruth Heidrich. What nutrition choices did she make? What foods did she give up? Support group sharing personal recovery stories. $20 includes discussion, handouts, and food tasting. Call 635-1598; rawfoodchef.john@gmail.com or happyrawfood.com.

Margot Adler will be a featured speaker at the Michigan Pagan Festival on June 14-16. Adler is an author, lecturer, NPR radio host, and Wiccan Priestess. She is best known for her classic book, ***Drawing Down the Moon*** and for her radio show, ***Justice Talking***. (For details, see the Pagan Spirituality section of the Calendar.)

Weight Loss for Life: Understanding the Connection Between the Unmet Needs of the Self and Emotional Eating with Alice Brown Gagnon • May 19, 2-4 p.m. at Crazy Wisdom Community Room • Understand why your "self" is demanding extra food. Learn how to give your self what it really needs and wants. Discover a weight loss program that respects who you are and will allow you to lose weight and keep it off for life. $25. Call 776-2284; anhealer@yahoo.com or core-healing-center.com.

Health Force Research Center Vegetarian Potluck Dinner and Lecture with Robert Lewanski • May 25, June 29, July 27, Aug. 31; 6:30 p.m. • After the potluck, experience films or lecture on various topics, including holistic health, spiritual development, food and nutrition, A Course in Miracles, personal growth, chi kung, healing, yoga, meditation, Chinese and Ayurvedic medicine, and more. $2 with food or $5 without food. Call 248-680-8688; healthforcecenter@gmail.com or healthforcecenter.com.

Eating for Emotional Reasons and How To Do It Differently • Aug. 9, 4:30-8:30 p.m. • Learn how to embrace, rather than avoid, your emotions. Learn how to identify, feel, and express all sorts of emotions in a healthy manner. Learn how to have intimacy with yourself, rather than intimacy with food. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • May 14, June 11, July 9, Aug. 13; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.25 for a pot of tea with free refills. Call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Michigan Pagan Fest with Margot Adler • at Wayne County Fairgrounds in Belleville June 14-16 • Join us for discussions, workshops, rituals, and community. Musical guests include Skinny White Chick (S.J. Tucker) and Heather Dale. $55-$75. Call Diane at 810-241-6860; director@mipaganfest.org or mipaganfest.com.

Palmistry

Drop-In Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • Sundays, 3-6 p.m. • A scholar of the ancient Indian science of Palmistry and Numerology, Vijayalaxmi counsels clients on relationships, career, health, relationship compatibility, and many other aspects of life. For decades, she has passionately studied ancient Indian as well as Western Palmistry and combines Palmistry with Numerology for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. Call 222-9160; vijaya_laxmi@comcast.net.

The Crazy Wisdom Calendar will be posted online starting May 1, 2013 at crazywisdom.net.

Paranormal

Ghost Hunting: Intro to Paranormal Investigation with Crystal Moon Paranormal • May 23, 6:30-8:30 p.m. • Get a realistic view of what ghost hunting is all about from a real-life investigator - not the exaggerated tv version. Content includes the most common types of hauntings and causes, basic equipment, cell phone apps, orbs, haunted Michigan locations, and how to get started. Bring your own pictures to share. Appropriate for mature children ages 12 and up accompanied by a parent. $20. Call Heidi at 734-788-6478; cedena-heidi@sbcglobal.net or crystalmoonastrology.com.

Parenting

Connections: Play and Learn Baby Group with Hygeia Center • Fridays, 2-3:30 p.m. • We encourage new expecting parents, grandparents, and nannies and their babies to come and meet others for play and information sharing. Summer discussion schedule TBA. Free. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Enrollment Open House with Michelle Graves at Allen Creek School • May 17, 10-11 a.m. • This is an opportunity for parents and children to see Allen Creek School and meet the staff. Free. Call Patty at 994-3382; office@allencreek.org or allencreek.org.

Oh Baby! Navigating Life with Your New Baby with Jane Glazer • Eight Tuesdays starting June 4, 10-11 a.m. • This baby and parenting class covers everything from feeding and sleeping to changes in your relationship with your partner, and fun things to do with your new baby. Class is geared toward parents of 2-6 month olds and their babies. $160. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Ann Arbor Holistic Moms Network • May 9, June 13, July 11, Aug. 8; 7 p.m. • Join us for one of our monthly meetings. HMN is a national, not-for-profit. At the Ann Arbor Chapter, we focus on various holistic parenting topics and invite a range of speakers to facilitate our discussions. Call Patti at 680-7815; hmnannarbor@gmail.com or annarbormi.holisticmoms.org/.

Infant Care with Lamaze Family Center Ann Arbor • Class offered monthly • Babies don't come with instructions, so we designed a series full of information and demonstrations to prepare for newborn care. Topics include swaddling, diapering, feeding, holding, bathing, cord care, crying, when to call a pediatrician, safety, sleep, and emotional adjustment. $75. For dates and times, call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Parent Toddler Group with Lamaze Family Center Ann Arbor • Ongoing meetings • This is a unique opportunity for children 12-36 months and their special adult to spend quality time together playing, working on simple art projects, and having a snack and drink. Activities include free play, a slide, rotating media table, bubbles, parachute play, musical instruments, painting, stickers, and stamps. $92 for six weeks. For dates and times, call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Mother's Group with Lamaze Family Center Ann Arbor • Ongoing meetings • Meet other new moms and get support and advice after your baby is born. In addition to a weekly topic and circle time, you'll learn songs, simple baby games, and basic infant movement. This is a great way to socialize with adults and bond with your baby. $96 for six weeks. For dates and times, call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Peace

Peace and Quiet Weekend at Self Realization Meditation Healing Centre • June 1, 10:30 a.m.-June 2, 1:30 p.m. • Spend some time in the peace and quiet, with lots of free time and a silent Sunday morning. Includes shared room accommodation and vegetarian meals. $75. Private room may be available. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Two Workshops on Nonviolent Communication and Quakerism with Dorothy Henderson of Michigan Friends Center • June 7, 7-9 p.m. and June 8, 9 a.m.-4 p.m. or Aug. 16, 7-9 p.m. and Aug. 17, 9 a.m.-4 p.m. • $40 suggested donation. For complete information, call Carolyn at 734-475-1987; manager@mfcenter.org or mfcenter.org.

Personal Growth

Creating Internal Resources with Cam Vozar • May 18, 6:30 p.m. • Create internal resources to cope with stress and increase well being. Learn to connect to spiritual, nurturing, and protective resources. $10. Call 747-9073; cam.vozar@gmail.com.

Speaking Peace with Center of Light • May 29, June 26, July 31, Aug. 28; 7:30 p.m. • Speaking peace or non-violent communication is a set of tools designed to bring your needs to the table, deepen your relationships, and promote peace. Join us as we learn how to apply these skills through this interactive workshop. Free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

The Crazy Wisdom Calendar

Personal Growth (continued)

Using the Law of Attraction Wisely with Ron Palumbo • May 18, 9 a.m.-1 p.m. • We learn the "big picture" of life, begin releasing old hurts once and for all, and learn several ways to direct energy to heal ourself and our loved ones. $50. Call 517-414-8330; ronpalumbo@comcast.net.

Understanding the Language of Emotions with Deb Foggio • July 10, 17, 24, and 31; 1-2:30 p.m. • Being successful in life is all about communication. We communicate with more than just words. We communicate through our feelings, which determine our actions and our expressions. We will unravel the mystery of emotions and rediscover their value and merit in self-discovery and the process of becoming master communicators. $99 preregistered. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Focusing: Inner Mindfulness with Joya D'Cruz • Three Saturdays: May 4-18 or July 6-20, 1-6 p.m. • Focusing is a way to listen deeply to your own inner wisdom. In a small group setting, you will learn to access your inner resources to understand and handle your emotions, your relationships, and other life circumstances. This inner mindfulness will serve you well all your life. $280. Call 219-2555; joya@joyadcruz.com or joyadcruz.com.

Seva Day: Giving and Receiving with Self Realization Meditation Healing Centre • June 29, July 13 • We welcome everyone to join us in joyful service to the Centre with amazing tea breaks. There are countless blessings to be received by giving of your time, energy, and resources. No charge. For times, call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

> "And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it."
>
> ~ Roald Dahl

Highly Sensitive People Meet-Up Group with Phyllis Perry • May 5, 19, June 2, 16, July 7, 21, Aug. 4, 18 • This HSP group is based on the book, *The Highly Sensitive Person*, by Elaine Aron. It helps if you've read the book or taken the self quiz. Free. For times, call 973-8699; pepstar27@yahoo.com.

Learn the Work of Byron Katie with Melanie Fuscaldo • May 24, Noon-1:30 • Learn how four questions can transform your life. Release stressful thoughts and emotions and live with more peace and joy. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Soul Essence Evolving: SEE with Deb Foggio and Jane McLaren • May 10, June 14, 28, July 12, 26, Aug. 9, 23; 7-10 p.m. • Soul Essence Evolving is a constellation approach that allows feelings, emotions, and beliefs that create issues for us hidden in the unconscious to be revealed. When this happens, we have the opportunity to address balancing the body, mind, and spirit through the power of wisdom and understanding. The work gently gives each person the opportunity to see their life more clearly, facilitating healing. $25. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Transformational Trance with Lucinda Orwoll • May 19 or June 16, 3-4:30 p.m. • This class will demonstrate how to develop a creative inner space, using grounding, centering, and trance in which to use and strengthen resources of the self. This work is helpful for deepening positive affirmation, increasing self-regulation, and connecting spiritually. $35. Call 945-3024; lorwoll@comcast.net or heart2heartpsychotherapy.com.

Surrendering: Letting Go of Control and Overcoming Resistance and Rebelliousness with Karen Greenberg • June 20, 5:15-9:15 p.m. • Did things feel out of control or overcontrolled when you were growing up? Does your control over a person or situation make you feel safe? Are you resistant or rebellious toward being told what to do, even from yourself? Learn how to surrender. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Prayer

Operation Prayer Power with The Aetherius Society • 10:45 a.m. sessions: May 18, July 13, 20, Aug. 3; 2 p.m. sessions: May 11, July 27, Aug. 17; 7:30 p.m. sessions: May 29, June 5, 12, 19, 26, Aug. 7, 21, 28 • Each week since 1973, spiritually-minded people have come together at centers around the world for Operation Prayer Power charging sessions. Using dynamic prayer, sacred mantra, and mystic mudras, prayer energy is invoked, collected, and stored in a radionic battery. These charging sessions continue week after week, filling each battery with thousands of hours of spiritual energy for later release to the world. All welcome. Free. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Power Circle and Absent Healing with The Aetherius Society • May 6, 13, 20, July 15, 22, 29; 7:55 p.m. • During a magnetization period when all spiritual action is potentized 3,000 times, we hold special Power Circles. These entail two services of the Twelve Blessings as well as recitation of dynamic mantra. We also include mystic visualizations and healing prayers for those who are sick and have requested to be sent distance healing. Donations welcome. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Prosperity & Abundance

Prosperity Training Camp with Deb Foggio • Every Tuesday, 7-9 p.m. • This workshop will help you discover and build the tools you need in everyday life to be successful in creating a better life. You will find support for others who are like-minded and believe it is possible. Accountability, experiential work, friendship, study, and fun make up the foundation of this class. $20 per week. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Abundance and Prosperity with Karen Greenberg • July 3, 6-10 p.m. • Define your relationship with money, including what you were taught by your parents, family, culture, race, religion, and gender. Identify low vibrational emotions such as shame, guilt, and fear that could be limiting your cash flow. Examine worthiness issues and sabotaging patterns and learn spiritual principles to enhance prosperity. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Reiki

Reiki I and II Intensive Class with Certification with Beth Ann Hubrecht • June 14, 6-10 p.m.; June 15, 9-Noon; and June 16, 1:30-6:30 p.m. • Reiki is one of the few healing modalities that is utilized for self-healing treatments and for offering energy work and balance to others. In Reiki I and II, students receive attunements that empower them to offer Reiki healing energy on physical, mental, emotional, and distance levels. The attunement is a spiritual process where healing energy is activated and enhanced. $306. Call 734-719-0311; kindnessclinic.info@gmail.com or kindnessclinic.com.

Reiki Master Level Intensive Class with Certification with Beth Ann Hubrecht • June 16, 9 a.m.-1:30 p.m. • Reiki Master Level attunes you to the highest level of Reiki and consciously aligns you to your higher self, allowing for more guidance and the ability to offer Reiki healing energy on a spiritual level. You'll learn an advanced technique for clearing energy and have the opportunity to practice. $243. Call 734-719-0311; kindnessclinic.info@gmail.com or kindnessclinic.com.

Reiki Share with Sally Pinchock, Ruth Owen, and Jane McLaren • May 8, June 12, July 10, Aug. 14; 9:30-11:30 a.m. or June 24, July 22, Aug. 26; 7-9 p.m. • Reiki is a spiritually guided life energy by "laying on hands". We welcome the public as well as Reiki practitioners to share and learn from each other while building community. The energy of Reiki is experienced through the exchange of giving to and receiving from those who are present. Love donation. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

First Degree Reiki with Suzy Wienckowski • July 12-14: Friday 7-9:30 p.m., Saturday 9:30 a.m.-4 p.m., Sunday 9:30 a.m.-12:30 p.m. • Reiki is a gentle, hands-on healing art. It is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. Class includes history, hands-on treatment form for yourself and others, and four individual initiations. $150 with certificate. Call 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • July 19-20: Friday 7-9 p.m., Saturday 9:30 a.m.-4 p.m. • In the second level of training in the Usui System of Reiki Healing, students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call Suzy at 476-7958; suzyreiki@aol.com.

Free Reiki Clinic with Debra Williams • Fourth Thursday of each month, 7-8:30 p.m. • This is a unique opportunity to experience the powerful healing effects of Reiki. Love donation, and by appointment only. Call 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Reiki 2 Class with Anat Shlagman • June 9, 9 a.m.-3 p.m. • We will be attuned to Reiki 2 level, learn Reiki 2 symbols, get deeper into the chakras, and learn how to send distance Reiki. We will practice sending Reiki and performing a deeper level on a partner in a calming environment. $100. Call 248-982-1203; aashlagman@yahoo.com.

Retreats

Silent Retreat at Self Realization Meditation Healing Centre • May 17 at dinner-May 19 at dinner • Deepen your experience of inner peace in a silent, peaceful atmosphere. $140 includes vegetarian meals and shared accommodations. Private room may be available. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Living and Loving Wholeheartedly, Soulfully, and Consciously in Times of Change with Center of Light • July 4-8 • To live and love wholeheartedly, we need to courageously dive into knowing and accepting ourselves and others. To live and love soulfully, we need to expand our consciousness to include the spiritual dimensions and ourselves as eternal beings. And to live and love consciously, we need to awaken our minds and open our hearts to the movement of the evolution of consciousness on our beloved planet, in our individual lives, and in the life of the earth. $500 includes lodging and meals. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Harmony of Energy: Cultivating a Sense of Quietude and Well Being with Wasentha Young • Aug. 2-4 • Join Wasentha Young for a Harmony of Energy experience orchestrated within Ann Arbor's surrounding parks. Participants will enjoy connecting with nature through a variety of energy work exercises, as well as participate in Chinese yoga, self acupressure, and both Buddhist and Taoist meditation styles. Meditation walks, exploring tai chi movements, feeling your energy flow, and connecting with nature will leave you feeling renewed and peaceful. $200 if pre-registered. Call 741-0695; wasentha@peacefuldragonschool.com or peacefuldragonschool.com.

Honoring the Sacred Feminine with Tatianah Thunberg and Beth Tobin • May 11-13 • Join us this Mother's Day weekend at Song of the Morning Yoga Ranch on 800 acres of pristine forest to honor the power of the sacred feminine through ancient spiritual practices in the heart of contemporary women's community. $130 plus lodging, with student discounts and scholarships available. Call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmoves-psychotherapy.com/the-sacred-feminine/.

Rest & Relaxation Retreat at Self Realization Meditation Healing Centre • May 4, 11 a.m.-May 5, 1:30 p.m. • You will have plenty of time to rest, relax, read, contemplate, walk in nature or whatever else your heart calls you to do. $75 includes meals, shared room lodging, and an optional Life Skills and Relaxation class for an additional fee. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Deep Spring Center Summer 2013 Silent Retreat with Barbara Brodsky, John Orr, and Aaron with Erica Dutton • June 15-22 or June 15-17 (3-day option) • The retreat will be held in noble silence, with instructions for beginning and advanced meditators, and includes evening talks, optional group meetings, and private interviews with teachers. Mindfulness throughout the day will be the intention, with alternating sitting and walking practice. $475 for the week or $260 for three days including meals and lodging. Call 477-5848; info@deepspring.org or deepspring.org.

Private Directed Retreats with Mary Pat Dewey, Joan Ebbitt, Therese Haggerty, and Janene Ternes of Weber Center • July 8, 2 p.m.-July 12, 1 p.m. • This retreat will provide time and space for solitude, personal prayer, and participation in campus liturgy. Each participant will meet daily with a spiritual director. $375 or $226 commuter. Call 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Letting Go and Leaning Forward with Joan Ebbitt of Weber Center • June 28, 7 p.m.-June 29, 8 p.m. • Coming into the fullness of being is about accepting the summons to let go, while challenging ourselves to lean forward to meet the life surprises that await us. Is your current experience of holy mystery calling you to let go? Lean forward? $125 single occupancy, $75 double occupancy, $55 commuter. Call 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Weekend Retreat with Dave and Pat Krajovic and Amy Brusca at Inn at the Rustic Gate • Aug. 16-18 • Using yoga, meditation, the practice of silence, and conscious breathing, explore your inner landscape. Walk the labyrinth, drum, and just be. For cost, call Pat at 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net.

Insight and Lovingkindness Meditation Retreat with Winnie Nazarko and Pascal Auclair • May 29, 5 p.m.-June 5, Noon in Toronto • Seven-day silent Vipassana and metta retreat with vegetarian food in a peaceful setting. $950 (Canadian) includes single occupancy accommodation. Call Kate at 519-852-1743; info@dharmaretreats.ca or dharmaretreats.ca.

Annual Buddhist Peace Camp with Zen Buddhist Temple • July 26-31 at Friend's Lake • This camp emphasizes peace, cooperation, mindfulness, and fun. Children, parents, and other adults welcome. We need counselors for the various age groups. Advanced registration required. For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Summer Yongmaeng Jeongjin (Intensive Retreat) with Zen Buddhist Temple • June 28, 7 p.m.-July 3, 8 a.m. in New York City • Yongmaeng Jeongjin, which means "fearless practice", is a three-day or five-day intensive meditation retreat. It is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides a wonderful opportunity for discovering wisdom mind and developing a compassionate heart. It is usually reserved for practicing members or others with serious meditation experience. Minimum attendance is two days. $60 per day or $50 for members. Call 761-6520; annarbor@zenbuddhisttemple.org.

Spirits of Nature Residential Retreat with Stephanie Tighe and Kate Durda • June 22, 7 p.m.-June 24, 3 p.m. at Pierce Cedar Creek Institute, Hastings • This retreat is held on 500+ acres of lovely terrain, with creek and pond, prairie and woods. You will meet and merge with nature spirits to learn about the teachings they have for us. You will explore plant spirit medicine, partner with nature spirits to learn a method of inquiry to obtain direction or answers to questions (augury), and learn a basic healing method in partnership with the four elements (earth, air, fire, water). We will also explore individual and community ceremony as it is both a full moon and summer solstice weekend. Ability to do shamanic journey is a prerequisite. For cost, call 517-667-0694; spiritweavers@aol.com or spiritweavers.net.

Readers in the Crazy Wisdom Tea Room

Tarot • Psychic • Intuitive •
Numerology • Astrology • Palmistry

No appointment needed;
Readings $1 per minute

Wednesday

Drop-In Tarot Readings and Intuitive Life Coaching with Katherine Potts
Second and Fourth Wednesdays
of each month, 6-9 p.m.
Call 734-855-9275; katherinecoaching@gmail.com

Thursday

Drop-In Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
Call 660-9680; rebeccawilliams999@comcast.net

Friday

Drop-In Tarot Readings with Randy Weiser
First and Third Friday of each month, 7-10 p.m.
Call 482-9874; randy_weiser@yahoo.com

Drop-In Intuitive Readings with Irena Nagler
Second and Fourth Fridays
of each month, 6:30-9:30 p.m.
Call 996-1772; birena@umich.edu

Saturday

Drop-In Tarot Readings with Jessica Burche
First and Third Saturdays of each month, 3-6 p.m.
Call 913-660-4958; jessica@waxingmoontarot.com
or waxingmoontarot.com

Drop-In Astrology Readings with Alia Wesala
First and Third Saturdays of each month, 7-10 p.m.
necessary. Call 719-0782; allfourangles@gmail.com

Sunday

Drop-In Psychometry Readings with Barbara Pott
First and Third Sundays, Noon-3 p.m.
Call 576-5707; awencrafts@gmail.com

Drop-In Intuitive Astrology Readings with Richard Weber
Second and Fourth Sundays, Noon-3
Call 434-0804; richardmweber@sbcglobal.net

Drop-In Palmistry Readings with Vijayalaxmi Shinde
Sundays, 3-6 p.m.
Call 222-9160; vijaya_laxmi@comcast.net

The Crazy Wisdom Calendar

Megan Sims is pictured here teaching Nia at A2Yoga. Nia revolutionized the fitness world in 1983 by fusing principles of Dance, Martial Arts, and the Healing Arts (Yoga, Alexander, Feldenkrais) into a safe, joyous, and expressive low-impact cardio workout. Megan is a native Ann Arborite, Nia teacher, dance-arts healing facilitator, and a limited license practicing counselor. (See her listings in the Movement & Dance, and Exercise sections.)

Shamanism

Introduction to Rites of Passage and Vision Quest with Debbie Mast and Brian Obrecht • June 5, 7-9 p.m. at Crazy Wisdom Community Room • Rites of Passage ceremonies help us mark key life transitions and integrate what we have learned. A Vision Quest is a chance to seek guidance from nature and spirit, and find new direction. Free. Call Brian at 517-552-3990; brian@visionquestmi.com or visionquestmi.com.

Animal and Plant Spirits for Healing with Glenn Pailthorp • May 19, 2-4 p.m. • We will use guided meditation, trance, and drumming to connect and communicate with our animal and plant spirits. Discover how they are always ready to inform and heal us. $10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Shamanism: Path of Empowerment and Healing with Kate Durda • June 8, 11 a.m.-5 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a pre-requisite for all advanced training, including intermediate shamanic training, such as Spirits of Nature and Path of the Open Heart series. For cost, call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

6th Annual Shamans' Walk and Community Healing Ceremony with Kate Durda and Stephanie Tighe • July 27, 10 a.m.-5 p.m. at Michigan Wildlife Conservancy in Bath • With this walk, we step up to our responsibilities as people of spirit, and celebrate our connection to each other and all things with intense drumming, dancing, journeying, sharing, and networking. You are welcome to come with an open heart and a desire to experience the ecstasy of a large shamanic community. Shamanic journeying ability is a prerequisite. For cost, call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Shamanism: Path of the Open Heart Basic Foundation Training with Kate Durda • June 8, 11 a.m.-5 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a pre-requisite for all advanced training, including intermediate shamanic training, such as Spirits of Nature and Path of the Open Heart series. For cost, call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Spiritual Development

Trainings: A Practical Path into Living in Higher Consciousness - A Series of Four Workshops with Barbara Brodsky, Aaron, and Brothers and Sisters of Light • June 29-30, Aug. 3-4, and two more Fall weekends • The program will include basic dharma meditation, practices with elements, energy, sound, light, pure awareness, co-creating with spirit, shamanic journeying, and work within the Akashic field. The days will include talks and instruction from Barbara and other leaders, incorporated spirit including Aaron and others, small group discussions, and exercises to help the student integrate understanding beyond intellect. For cost, call Amy at 660-0898; amyspirit@gmail.com or blessingscooperative.com.

Unlock the Yoga Secrets of Prayer with Gary and Chrissie Blaze • June 15, 1:30-5 p.m. • Humanity has an inherent capacity to resonate to the wonderful transmuting power of love. We all can radiate the power of love through prayer or directed intention. In this class, you will be taught how to use prayer, the divine miracle kit, to bring magic into your own life, and the lives of all. $20. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Urantia Book Study Group • May 22, June 26, July 25, Aug. 28 • The Urantia Book harmonizes history, science, and religion into a philosophy of living that brings new meaning to life. It describes an endless destiny progressing across our fully inhabited universe. Free. For times, call Eric and Trudy at 657-4373; a2urantiareaders@gmail.com.

Twelve Blessings and Absent Healing Service with The Aetherius Society • May 27, June 3, 10, 17, 24, July 1, Aug. 12, 19, 26; 8 p.m. • The Twelve Blessings provide one of the most potent practices of the present age. They give to us a unique way of tapping into and invoking the power of the universal life force and sending this out to the world in a vibrant stream of prayer. Their practice forms the core of this service, which also includes mystic visualizations, sacred mantra, and healing prayers for those who have requested to be sent absent healing. Donations welcome. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Seals of Solomon Activation Part 1 with Karlta Zarley • June 1, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom we gained in previous lifetimes in various cultures. This activation begins with the process of uniting the chakras, healing the DNA of trauma, and opens the first 5 Seals, covering Egyptian, Mayan, Mu, Atlantean, and Druid lifetimes. $225 includes light refreshments. Call Karlta at 433-9333; kzarley@att.net or karltazarley.com.

The Spiritually Evolved Man and Woman with Center of Light • May 16, 7:30 p.m. • The respected What Is Enligthenment? magazine in its August 2008 issue invited Mother Clare to envision the future of men. Now, she expands this discussion for both men and women to teach us about spiritually evolved man and woman. How are spiritual men and women the same and how are they different, and what does our bright future look like? $25 suggested donation, and bring a friend for free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Spiritual Transformation: Women's Ways of Becoming Strong with Center of Light • May 17, 7:30 p.m. • What image comes to mind when you think of a strong woman? Is she a mother, a career woman, a healer? Do you think of yourself or an image that you aspire to or hope for? $25 suggested donation, and bring a friend for free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

The Divine Feminine: She Who Dwells Within with Center of Light • May 18, 10 a.m.-2 p.m. • Many cultures and philosophies have embraced the divine feminine as part of their spiritual tradition. How is it that Christianity has not retained this aspect of the divine? Come learn the history of the divine feminine within Christianity. $40 suggested donation includes lunch, and bring a friend for free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Becoming an Adept with Center of Light • Aug. 1, 7:30 p.m. • An adept is someone who is skilled or proficient in a particular area in life. A spiritual adept would be skilled and proficient in things of the spirit. Come learn how to determine your level of skill and enhance it through spiritual practice and development. $25 suggested donation, and bring a friend for free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Becoming Beings of Light with Center of Light • Aug. 2, 7:30 p.m. • We are co-creators and, as we increase in consciousness and deepen in relationship with God, our connection with divine beings who work in the spiritual realm become closer and more collaborative. The way we do this is by becoming filled with light, which is the essence of God. It is through this connection that we can direct the creative light of God to fulfill our prayers and desires for the cause of good. $25 suggested donation, and bring a friend for free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Becoming an Agent for Positive Change with Center of Light • Aug. 3, 10 a.m.-2 p.m. • Whether we know it or not, we are acting as agents for some kind of change - be it creative or damaging. However, as we infuse more and more consciousness into our heart and mind, we become agents for good. This seminar will bring to your awareness the level of consciousness you live in and how to develop into becoming an agent for positive change. $40 suggested donation includes lunch, and bring a friend for free. Call Rev. Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Soul-Self Series: Learn How to Awaken Your Soul with Marybeth Rombach Nelson • June 23, 3 p.m. at Crazy Wisdom Community Room • Learn how to listen to your inner voice and awaken your soul-self. Your soul-self is who you really are eternally. It is your whole self now and forever. $10. Call 369-1878; marybeth@spiritualintuitivemb.com or spiritualintuitivemb.com.

Spiritual Talk, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us as we listen to one of Mata Yogananda's recorded inspiring talks, followed by pure meditation and silent prayer, with winged prayer for all in need at 9 p.m. Please come and stay as long as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

A Course in Miracles Study Group with Lorri Coburn • Thursdays, Noon-1:30 • All are welcome to attend A Course in Miracles study group. Free. Call 646-6585; lorricassie@sbcglobal.net or lorricoburn.com.

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Thursdays starting April 25, 7-9:30 p.m. • The Munay-Ki are the nine great rites of initiation into the medicine way, originally transmitted through the Inca shamen of Peru. They are the nine gates that heal us and transform our human energy field into that who we are becoming - homo luminous. $40 per session; $200 total. Additional dates and times can be scheduled. Call 734-428-8748; starlab6@aol.com or revlornabrown.com.

Sacred Geometry, Merkabas, Love, and Light with Lorna Brown • May 4-5, 9 a.m.-5 p.m. • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. $200. Call 734-428-8748; starlab6@aol.com or revlornabrown.com.

The Sedona Method with Michael Morris • May 8, 6:30-8 p.m. • Explore the Sedona method, which is a simple, powerful took to uncover your natural ability to let go of unwanted emotions while promoting your natural well being. $30. Call 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net.

Cosmic Wisdom Study Classes with The Aetherius Society • May 31, June 21, July 19; 7:30 p.m. • These classes will explore the great change, life after death, life on other planets, the twelve blessings, the nine freedoms, karma and reincarnation, the energy of love, spiritual psychic development, the mother earth, the new world, the new master, ufos, cosmic avatars, and ascended masters. Donations welcome. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Starseed Healing and Unified Chakra Awakening with Karen Greenberg • June 30, 9:30 a.m.-6:30 p.m. • Learn to utilize a tuning fork to collect and release energies that no longer serve, and a chime to harmonize energies, over 50 specific body points. By awakening approximately 100 points, fully awaken the new chakra system of 2,418 chakras, following the full light body Adam Kadmon activation. $150 for each class, with discount for taking both. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Developing a Personal Relationship with Your Creator/Higher Power/G-d with Karen Greenberg • Aug. 23, 4-8 p.m. • Learn how to create a still, quiet, sacred, meditative space in which to ask questions and receive answers from your Creator/Higher Power. Learn how to ascertain whether you are in your head "thinking" the answers, in your body "feeling" the answers or in your soul "receiving" your answers from spirit. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Adept Initiations into the Hierarchy of Light and Brotherhood and Sisterhood of Light with Karen Greenberg • June 23, 2:15-9:15 p.m. • Join together with people of all races, religions, nationalities, ages, and genders who wish to unify and make this world a better place. Allow the spiritual realms to embrace you, support you, and provide networking opportunities to assist you in fulfilling your soul's purpose. $495. For date and time, call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Gifts of the Spirit with Karen Greenberg • Part I: May 5, 9 a.m.-5 p.m.; Part II: June 2, 2:15-10:15 p.m. • Learn how to create a sacred space in which to receive spiritual guidance on important questions. Learn to distinguish between answers your personality was hoping to hear versus higher level information from your higher self, your master of light self, your archangelic self. Learn your power time of day and season. $195 for each part. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Storytelling

Stories for Grownups with Members of the Ann Arbor Storytellers' Guild • May 9 and June 6, 7-9 p.m. at Crazy Wisdom Tea Room • Join the Ann Arbor Guild storytellers to hear personal tales, folk tales, and more. Come to listen and also share in the story circle following the concert. For adults and children ages 14 and up. By donation. Call Laura at 662-3770; lauragami@provide.net or annarborstorytelling.org.

Stress Management

Introduction to Emotional Freedom Technique with Brady Mikusko • May 15, June 19, July 17; 6:15-7:30 p.m. • EFT is a powerful, easy-to-learn and use tool to help release negative emotions. It is a stress reducer that can be used for releasing the negative charge of painful memories, coping with divorce, coping with illness/chemotherapy, relationship problems, test anxiety, performance issues, public speaking, resentment, addictions, and procrastination, and to help you achieve your goals. $30 includes handouts. Call 747-8240; bradymikusko@ameritech.net.

Equine Inspired Mindfulness with Kimberly Cardeccia • May 18, 10:30-Noon • A state of mindfulness, being conscious and aware in the present moment, can be very healing to our minds, bodies, and spirits. This class offers the opportunity to experience how the magic of horses can awaken and utilize this ability. Touch a horse and connect with inner peace. $50, limited to four participants. Call 517-898-5094; kim@hiddenpromisecampus.com or hiddenpromisecampus.com.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • June 1, 3-5 p.m. • Conquer stress, improve concentration, and find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel physically, mentally, and emotionally and takes only a few minutes to practice daily. $60 includes book and follow-up appointment. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Life Skills & Relaxation Class with Self Realization Meditation Healing Centre • May 4, 3-4:15 p.m. • No matter what you face,or how difficult it has been, these super fast, easy to use tools can help you on every level by learning more about the mind-body connection and how to apply the practical energy care tools in your everyday life at school, work, and play. $30. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • May 28, Noon-1:30 • Tune into messages from your body, mind, emotions, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Leave with coping strategies to increase your effectiveness. $30. Call Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Sustainability

Native Plant Garden with Leslie Science and Nature Center • June 9, 1-2 p.m. • The City of Ann Arbor's Natural Area Preservation staff will share how you can create a native plant garden, including recommendations for the types of plants to use and the first steps to take in creating a home garden. This is a great opportunity to meet Ann Arbor's native plant specialists. $3. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Dimensions of Earth-Keeping: Biblical, Legal, and Practical with Pat Benson, Mary Ellen Leciejewski, and Patricia Siemen of Weber Center • July 19, 7 p.m.-July 20, 5 p.m. • We will reflect on the fundamental biblical mandate and challenge that urge us to engage in a radical shift in the way we live in relationship with all members of earth community. We will explore the basic principles of an earth's jurisprudence and examine the emerging "rights of nature" movement that advocates moral and legal protection of all members of the earth community. We will examine healthcare's impact on the environment as it relates to energy and water consumption, waste generation, persistent chemicals, purchases, and transportation. $150 single occupancy, $100 double occupancy, $75 commuter. Call 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

The Crazy Wisdom Calendar

Sustainability (continued)

Building the Strawbale Sauna with Deanne Bednar, Christina Ott, Sarah Highland, and Chris McClellan • July 13-26 • Learn the basic techniques of natural building that can be applied to any structure as we construct a cabin-sized sauna building from the foundation to the roof. We will integrate a stone foundation, cob construction, load-bearing straw bale walls, window, and door framing, earthen plaster, a living roof, and earthen floor. We'll also use traditional woodworking skills to cut and raise a timber-framed pavilion, which may go home with one of our participants! For cost, call Deanne at 248-628-1887; ecoartdb@gmail.com or strawbalestudio.org.

Round Pole Framing Workshop with Deanne Bednar • June 8-9, 10 a.m.-6 p.m. • Be part of the construction of an outdoor kitchen at Roots to Fruits research farm in Clarkston. Learn to harvest, debark, notch, and attach round poles, plus info on ecological woodland management and proper tree selection. This is a practical skill for many building projects, including chicken coops, earth oven roofs, and cottages. $100 pre-registered. Contact ecoartdb@gmail.com or strawbalestudio.org.

> "It is the common, everyday blessings of our common everyday lives for which we should be particularly grateful. They are the things that fill our lives with comfort and our hearts with gladness - just the pure air to breathe and the strength to breathe it; just warmth and shelter and home folks; just plain food that gives us strength; the bright sunshine on a cold day; and a cool breeze when the day is warm."
>
> ~ Laura Ingalls Wilder

Sustainable Living and Natural Building with Deanne Bednar • June 26, 7-9:30 p.m. • Come and tour the Strawbale Studio and other enchanting thatched roof strawbale buildings, see a rocket stove heater and bench, earth oven, and view a video. Find out about classes in earth plastering, thatching, rocket stoves, strawbale, foraging, and more. $25 pre-registered. Contact ecoartdb@gmail.com or strawbalestudio.org.

Rocket Stove Workshop with Deanne Bednar • June 15 or Aug. 24, 10 a.m.-6 p.m. • Learn the principles of rocket stoves, mode up the combustion unit, mix cob, and see three rocket stoves (heated bench and cooker) in action. See earth oven and thatched strawbale buildings. $40 pre-registered. Contact ecoartdb@gmail.com or strawbalestudio.org.

Tai Chi, Martial Arts & Self Defense

Wu Style Tai Chi with Marilyn Feingold at Jewel Heart • Sundays: May 5-Aug. 25, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. Due to possible schedule changes, check with Jewel Heart to confirm. No meeting on July 7 and July 14. $5 suggested donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Silk Reeling Qigong with Joel Robbins • Wednesdays, 6:30-7:30 p.m. • These exercises promote health and vitality through graceful spiraling movements. A great form of self therapy, this qigong set trains fundamental body mechanics used in the "soft" martial arts Tai Chi and Bagua Zhang. $12. Call Rachel at 585-5053; rachel@racheleckenrod.com or vwrestoration.net.

Bagua Zhang with Joel Robbins • Wednesdays, 7:30-8:30 p.m. • Bagua Zhang is an elegant system of martial arts that combines meditation with martial techniques and energetic principles from the I Ching (Book of Changes). A "soft" martial art like Tai Chi, Bagua uses circular walking patterns and cooling movements to develop agility and a 360 degree awareness. $12. Call Rachel at 585-5053; rachel@racheleckenrod.com or vwrestoration.net.

Chen Tai Chi in the Park with Joel Robbins • Sundays, 2-3 p.m. • Chen style Tai Chi is known for graceful yet powerful circular movements and is generally considered the most fluid and elaborate system of Tai Chi. In this class, you will learn the Hun Yuan Chen Style 24 movement Tai Chi form created by Grandmaster Feng Zhiqiang. Open to all levels. $10. Call 315-0573; jrherbsandacupuncture@gmail.com or jrherbsandacupuncture.com.

Fencing and Armored Combat Practice with Barony of Cynnabar • Sundays: May 5-Aug. 25, Noon-4 • Learn the time-honored martial arts of fencing and heavy weapons combat with members of Cynnabar. No cost. To learn what to bring, call Genoveva at 276-5721; genoveva.von.lubeck@gmail.com or cynnabar.org.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Mondays, Wednesdays, and Thursdays, 6-7:30 p.m. and Sundays, 4 p.m. • Wu style Tai Chi is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45 monthly for one class per week; $70 monthly for two classes per week. First class free. Call Sifu Genie Parker at 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Tai Chi Class • Mondays, 10 a.m. • Ancient Chinese movements and meditation to calm the mind and strengthen the body. Benefits include regeneration, relaxation, energy building and improved balance. Free. Call Bonnie 975-2500; info@cancersupportannarbor.org or cancersupportannarbor.org.

Martial Arts Classes at Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of marital arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the Way of harmony with nature or universal energy". Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strive to create harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes offered • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance, with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in asian culture. Children's classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes offered • Classes include Chen style tai chi chuan basic principles, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. $85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes offered • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Okinawan Karate Club of Ann Arbor with Barb Christensen • Ongoing weekly classes • This club is a group dedicated to the teachings of Grandmaster Eizo Shimabukuro's karate, kobudo, and jujitsu. Classes available for women, teens, and children. Call 678-3882; senseibarb@karateannarbor.com or annarborokinawankarate.com.

Ann Arbor College of Martial Arts • Various weekly classes • This school offers a comprehensive self-defense system. It is also a fitness, health, and personal defense center with classes in martial arts, cardio kickboxing, Pilates, zumba, children's fitness, women's self defense, and shaolin martial conditioning. Call 913-6000; A2CoMO@gmail.com or A2CMA.com.

Tarot & Divination

Drop-In Tarot Readings and Intuitive Life Coaching with Katherine Potts in the Crazy Wisdom Tea Room • Second and Fourth Wednesdays of each month, 6-9 p.m. • Katherine Potts is the owner of Goddess Gate intuitive life coaching and tarot reading. She incorporates a mix of emotional healing techniques in her work, including EMDR. $1 per minute. No appointment necessary. Call 734-855-9275; katherinecoaching@gmail.com.

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. Call 660-9680; rebeccawilliams999@comcast.net.

Drop-In Tarot Readings with Randy Weiser in the Crazy Wisdom Tea Room • First and Third Friday of each month, 7-10 p.m. • Randy has been offering tarot readings, teachings, and parties for over a decade. One of Crazy Wisdom's long-standing Art Fair readers, Randy's dynamic energy draws mysteries of the past, present, and future from the cards. $1 per minute. No appointment necessary. Call 482-9874; randy_weiser@yahoo.com.

Drop-In Tarot Readings with Jessica Burche in the Crazy Wisdom Tea Room • First and Third Saturdays of each month, 3-6 p.m. • Jessica has been reading tarot since she was 17. She strives to facilitate tarot readings that are helpful and take the fear out of getting a reading. Her aim is to create a time for clients to talk about the next chapter of their lives, and how they can make it the best possible. $1 per minute. No appointment necessary. Call 913-660-4958; jessica@waxingmoontarot.com or waxingmoontarot.com.

Drop-In Psychometry Readings with Barbara Pott in the Crazy Wisdom Tea Room • First and Third Sundays, 12-3 p.m. • Understand the past, guidance for the future intuited from your small objects or pictures. $1 per minute. No appointment necessary. Call 576-5707; awencrafts@gmail.com.

Tea Events

Mother's Day Fairy Tea at Crazy Wisdom Tea Room • May 12, 1 p.m. • Children and their families are welcome for tea and petit fours served by real fairies! Celebrate with our magical fairies as they serve tea and treats. There will be story time with books available from Crazy Wisdom Bookstore and a special Mother's Day craft. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email kristen@crazywisdom.net or crazywisdom.net.

Therapy & Support Groups

Support Group for Singles (Divorced or Separated) with Jill Castro • Fridays, 5:30-6:30 p.m. • This group offers support for those who are currently divorced or separated. The focus is on building a sense of self post-separation, fostering self confidence, healthy dating, and courtship in the digital age. $130 per month. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Mid-Phase Recovery Group with Jacqueline Doneghy • Wednesdays, 7:30-9 p.m. • This therapy-support group is for individuals who have been clean and sober for a minimum of eight months with a working knowledge of the 12 Steps and Traditions. A process group, topics discussed include life transitions, maintaining a quality recovery, and dealing with character flaws. $20 per session. Call 761-9233; jdgail696@aol.com.

Thermography

Breast and Body Radiation: Free Screenings with Jessica Luibrand • May 15, 7 p.m. at Crazy Wisdom Community Room • This class will cover breast and body health with a concentration on thermography, a type of non-invasive screening modality that can find disease before it begins! Free. Call 845-4294; greenhealththermography@gmail.com or greenhealththermography.com.

Thermography with Adelpha Breast Thermography • May 22, 9:30 a.m.-7:30 p.m. • Infrared thermography is a non-invasive technique that is safe, affordable, easy, requires no compression, pain, or contact, and is the earliest detection of functional psychological changes in breast tissue. It measures heat emission naturally occurring from the body and displays it on a computer. $150. Call 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net.

Transpersonal Psychology

The Impact of Trauma on Our Economic Health and Well Being including Generations Yet to Come with Vivian Broughton, Deb Foggio, and Jane McLaren • May 24, 6-10 p.m. and May 25, 10 a.m.-6 p.m. • This effective method explores and transforms the impact of unresolved trauma, including traumas of others in our family line, on our economic health and well being. Includes a special look at the impact on women and mothers. $225. Call Jane at 248-705-1111; lightworkscenter@att.net or integrativewellbeing.com.

Wilderness Awareness

Wild Wings in Action Photography with Leslie Science and Nature Center • May 4, 8-10 a.m. • Increase your ability to take action shots while practicing photographing a flying red tail hawk, barn owl, and bald eagle. Participants will learn to take the ever elusive photo of a bird in flight. $70 participant or $25 spectator. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Womenspirit

International Day • May 16, 1-2:30 p.m. • Join us for this month's program which is an international exchange of books and small household items. Open to all women who share an interest in other nations and cultures and who wish to meet on topics of mutual interest. Free. Call Gretchen at 995-1646; gretchenfarah61@gmail.com or international-neighbors.org.

Drop-In Massage with Molly Jones
at Crazy Wisdom Bookstore
Second and Fourth Fridays, 4-7 p.m.
Come to the second floor of Crazy Wisdom
and receive a relaxing, restorative seated chair massage.
$1 per minute. No appointment necessary.
Call 317-607- 0618; jonesmo@umich.edu.

Photographers Wanted

To take pictures for *The Crazy Wisdom Community Journal.* Moderate pay, wonderful exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodymind therapists, yoga teachers, professors, holistic and spiritual types, and other fringe elements! For more information, contact Bill Zirinsky at bill@crazywisdom.net.

Screen for ...
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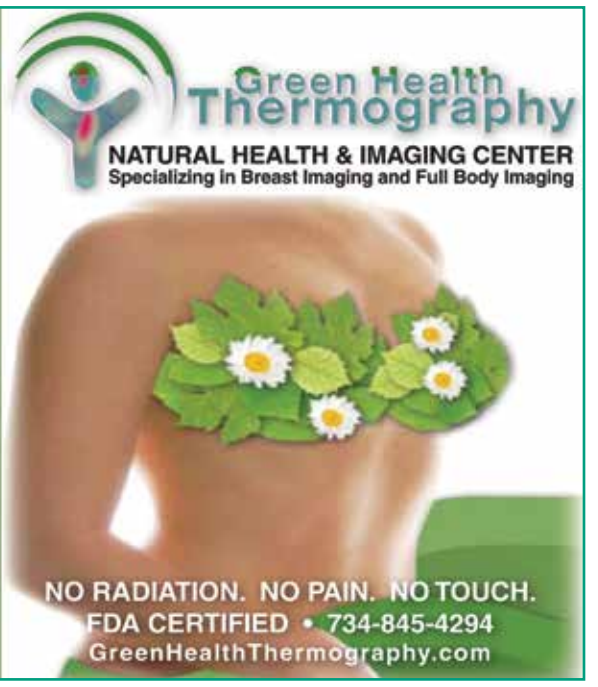
• Lumps
• Hormonal imbalance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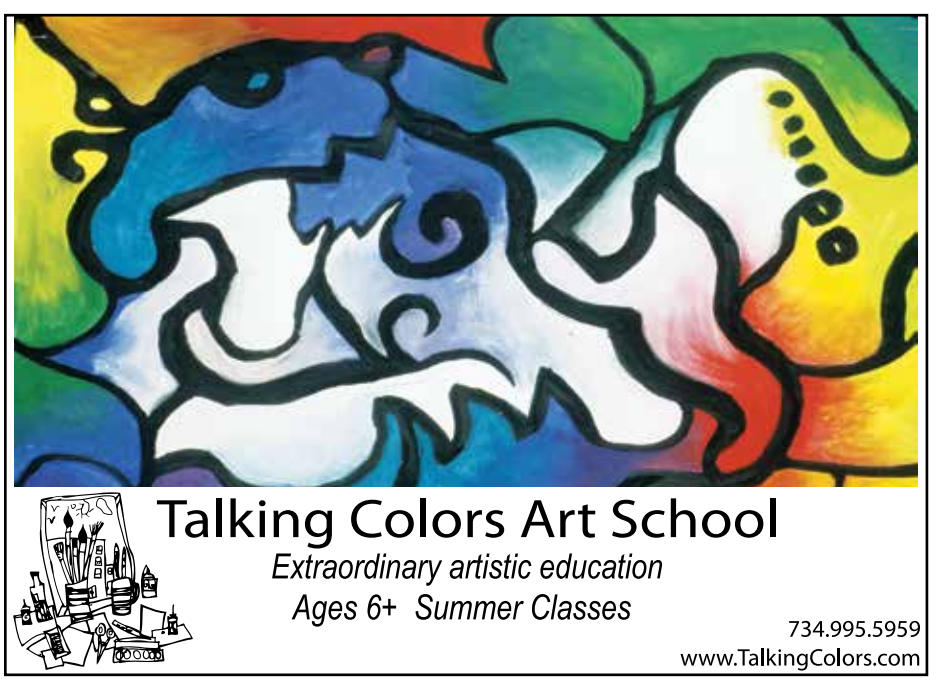

The Crazy Wisdom Calendar

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • May 31, Noon-1:30 • Begin to identify your unique career dream and gifts to share with the world. Release blockages and step into a flow state. Create an action plan. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Building Your Birth-Related Business with Patty Brennan • May 11, 8:30 a.m. - 5:30 p.m. • Come and learn the skills necessary to be successfully self-employed in your birth-related or other mother-baby service-oriented business. What are the first steps? How do you manage risk, set up a record keeping system and stay out of trouble with the IRS? Understand and embrace marketing. $120 with early registration, $135 thereafter. Call 663-1523; patty@center4cby.com or center4cby.com.

Immigration Law: From Y'all Come!... to Ellis Island... to Secure Communities with Attracta Kelly • June 1, 10 a.m.-2:30 p.m. • This workshop will provide information on the history of immigration law in the U.S., how one obtains legal status and the "green card", impediments to obtaining legal status, and interactive scenarios to role play possible situations. $25 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Building Your Business with Spirituality with Karen Greenberg • July 5, 5:15-9:15 p.m. • Uncover and remove your hidden, sabotaging beliefs, emotions, behaviors, and patterns that are preventing you from creating, receiving, and sustaining the prosperity that is your birthright. Replace them with universal, spiritual principles, laws, and practices. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Writing & Poetry

Crazy Wisdom Poetry Series at the Crazy Wisdom Tea Room, hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net.
Second Wednesdays, 7-9 p.m.: Poetry Workshop on May 8, June 12, July 10 • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.
Fourth Wednesdays, 7-9 p.m.: Featured Reader followed by Open Mic Readings on May 22, June 26, July 24
May 22 • Laurence W. Thomas • He spread the good news of the standard English language in Saudia Arabia, Uganda, and Costa Rica, returned to Michigan and published poems in many journals. His books include *The Bird in the Stone*, *Man's Wolf to Man*, *Moment of Comfort*, *The Face in the Mirror*, and his upcoming *A Walk with Bukowski*. He edits the literary journal, Third Wednesday.
June 26 • Mariela Griffor • Raised and educated in Chile and Brazil, she went into exile in 1985 after the Pinochet Regime killed her husband. Her poems appear in journals across Latin America and the U.S. and in three books: *Exiliana*, *House*, and *The Psychiatrist: New and Selected Poems*, which deals with trauma, political idealism, motherhood, and volatile societies.
July 24 • Aaron McCollough • He is Assistant Director and Editorial Director of Michigan Publishing, which includes the University of Michigan Press. His PhD in English Literature is from the U. of MI and MFA in creative writing from Iowa Writers' Workshop. His five books include *Double Venus*, *No Grave Can Hold My Body*, *Down*, and *Underlight* - a lyrical engagement with sadness as part of self-formation and the paradoxes of suffering and joy in codependence.

Keepsake Registry with Susan Ayer and Chuck Newman • May 16, 7-9 p.m. at Crazy Wisdom Community Room • This is an interactive presentation on making photographic keepsakes. Attendees are asked to bring photos of objects that they intend to bequeath or pictures of those who are significant in their lives. There will be an opportunity to record the story about the photos or objects for future generations. Free. Call Susan at 546-0426; susan@susanayerphotography.com or stkr.it.com.

Writing Workshop Series: The New Studio with Robert Palmer • Five-week series: May 22, 29, June 5, 12, 19 or July 24, 31, Aug. 7, 14, 21; 7-8:30 p.m. • A series of five transformational workshops where participants initially master four powerful tools for getting words on paper in a fast, easy, and enjoyable manner. Successive workshops show how to give your preliminary work form (newsletters, projects, proposals, reports, articles, essays, poems, stories, songs, novels, media or artwork). For both the novice and the experienced writer, the workshops are beneficial to those who need help getting started and writers looking to bring work to fruition or publication. $195 pre-registered. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Yoga

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, Pam Lindberg, and Kristen Brooks • Daytime, Evening, and Saturday Classes offered May-Aug. 17 • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. $104 for eight weeks or $64 for six weeks. For class schedule, call Sue 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yoga for Emotional Balance with Barbara Brookens Harvey • Seven Mondays starting June 24, 6-7:30 p.m. • This Hatha yoga class promotes physical, emotional, and spiritual well being. Basic yoga postures, breath work, and relaxation methods promote grace, flexibility, strength, coping skills, and stress reduction. $110. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing Classes • Classes for all ages and abilities take place in a downtown studio. For cost, call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Yoga Postures with Optional Lunch with Erica Dutton of Deep Spring • Wednesdays: 10:30-Noon with optional lunch, Noon-1:30 • Class is taught by Deep Spring Center experienced yogis and includes sitting meditation, yoga postures, and relaxation. Donation opportunity to teachers and Deep Spring. Call 477-5848; info@deepspring.org or deepspring.org.

Kripalu (Compassion) Yoga with Tatianah Thunberg at Sun Moon Yoga Studio • Tuesdays and Thursdays, 5:30-6:45 p.m. • Open your heart to a practice founded in compassion and lovingkindness. Explore the benefits of Hatha yoga in the Kripalu tradition through contemplative postures, breath regulation, mudra, mantra, metta, sound healing, meditation, yoga nidra, and self-inquiry. $15 drop-in with reduced rates for package purchase. Call Sondra at 929-0274; sondra@annarboryoga.com or sun-moon-yoga.com.

Partner, Acro, and Thai Yoga Massage Workshop with Tatianah Thunberg and Connor Otto • May 18, June 15, July 20, Aug. 17; 10:30 a.m.-12:30 p.m. • This triad of partner yoga practices are gentle and vigorous, suitable for any dyad that would like to share the gift of postures, breathing or meditation. Modifications are offered to adapt the practice to all levels of experience, strength, and flexibility. Arrive solo or bring a friend, family member or beloved. $20. Call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com/partner-yoga.html.

Relaxing Yoga Morning at Self Realization Meditation Healing Centre • May 25, 10:15 a.m.-1:30 p.m. • Includes a relaxing Transformation Hatha yoga class for all levels and abilities, vegetarian lunch, and refreshments. Treat yourself to a longer retreat by arriving early or staying later for an additional cost. $35. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Inward Bound Yoga • Spring Session: May 13-June 22, Summer Session: June 24-Aug. 3 • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including several levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, and several flow classes coordinated with music. For class descriptions and fees, visit ibyoga.com.
Monday:
4:30-5:30 p.m. • Viniyoga with Sandy; 5:45-7:15 p.m. • Level 2-3 with Martha; 7:30-9 p.m. • Mindful Yoga with Julie (Spring only)
Tuesday:
9:30-11 a.m. • Yoga 1-2 with Lynette (Spring only); 11:15 a.m. - 12:45 p.m. • Yoga 1-2 with Roddy; 7:30-8:45 p.m. • Vinyasa Yoga with Caitie (Spring only)
Wednesday:
7:30-8:30 a.m. • Cardio Flow with Jim; 5:45-7:15 p.m. • Yoga 2 with Lynette (Spring only); 6-7:30 p.m. • Home Stretch Yoga with Martha (Summer only); 7:30-9 p.m. • Yoga 2 with Martha (Spring only)
Thursday:
5:30-7:15 p.m. • Flowing Yoga to Music with Aileen; 7:30-9 p.m. • Level 1-2 with Barbara
Friday:
7:30-8:30 a.m. • Wake-Up Yoga with Roddy; 9:30-11 a.m. • Prenatal Yoga with Marlene (Spring only); 9:30-11 a.m. • Pre- and Postnatal Yoga with Marlene (Summer only); 11:15 a.m. -12:30 p.m. • Postnatal Yoga with Marlene (Spring only)
Saturday:
8:15-10 a.m. • Ashtanga Yoga with Jonathan

Iyengar Yoga: Gateway to Inner Wonder with Chris Briney • 12-week classes start April 1 • Classes offered for beginning, intermediate, and experienced students. $15-$20 per class. Call 248-821-9642; chris@livingtraditionyoga.com or livingtraditionyoga.com.

Free Yoga Classes with Sue Salaniuk • May 31, June 28, July 26, Aug. 30; 6-7 p.m. • This Friday evening class is a great way to finish the week, get rid of stress, and feel rejuvenated and ready for the weekend. Come find out how good yoga can make you feel. All welcome. Free. Call 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a welcoming and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of 12 people, to allow for individual attention. For descriptions and fees, call 761-8409; info@christydeburton.com or yogaroomannarbor.com.
Monday:
4:30 p.m. • Hatha; 5:45 p.m. • Vinyasa; 7 p.m. • Yin
Tuesday:
9:30 a.m. • Hatha; 5:45 p.m. • Vinyasa; 7 p.m. • Energy Flow
Thursday:
4:30 p.m. • Hatha; 6 p.m. • Vinyasa
Saturday:
8:30 a.m. • Vinyasa

Slow Flow Vinyasa Yoga with Ellen Livingston • Mondays and Wednesdays: 5:30-7 p.m., Fridays: 9:30-11 a.m. • Classes are held in a unique, round studio on five acres on the edge of Ann Arbor. Appropriate for men and women of beginning and intermediate levels, the classes are kept small to foster attention and a real experience of personal growth and community building. $15 drop-in or $100 for ten classes. Call 645-3217; ellen@livingyoganow.com or livingyoganow.com.

Hatha Yoga for Certified Yoga Instructors with Swami Saradananda • June 15, 3:30-5:30 p.m. • Learn more about teaching hatha yoga from a seasoned hatha yoga master. Open only to participants certified by Yoga Alliance. $50. Call Jody at 213-0435; jody@beinaweyoga.com or beinaweyoga.com.

Yoga for Mamas with Barbara Brookens Harvey • Mondays, 10-11:30 a.m. • Hatha postnatal and prenatal class for pregnant mamas and/or mamas and babies 12 months and younger. Practicing yoga helps relax the mind, strengthen the body, alleviate discomfort, and support the bond between mother and baby. $110 for seven weeks, $190 for 14 weeks or $18 drop-in. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Yoga Happy Hour: Basics + Restorative with Michele Bond of Yoga House • Fridays 5:45-6:45 p.m. • Learn basic alignment, simple postures and breath, along with some delicious restoratives. Feel your stress melt away as you relax in our peaceful setting, surrounded by the inspiration of nature. $10 if registered or $12 drop-in with reservation. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • Spring Session: April 8-June 17 • All levels of classes are offered with beginners welcome. $15 per class pre-registered, $18 drop-in or $10 trial. Call 668-4166; info@yogafocusannarbor.com or yogafocusannarbor.com.
Monday:
9-10:30 a.m. • Level 2 with Karen; 10:45-12:15 • Level 1-2 with Karen; 5:45-7:15 p.m. • Level 2 with Karen; 7:30-9 p.m. • Prenatal with Marlene
Tuesday:
9:30-11 a.m. • Level 1-2 with Marlene; 4:15-5:45 p.m. • Restorative/Pranayama with Karen; 6-7:30 p.m. • Level 1-2 with David
Wednesday:
9-10:30 a.m. • Level 2-3 with Karen; 5:45-7:15 p.m. • Level 1 with Alicia; 7:30-9 p.m. • Level 2 with Alicia
Thursday:
9-10:30 a.m. • Level 2 with Karen; 10:45-12:15 • Level 1 with Marlene; 12:30-2 p.m. • Gentle/Restorative with Marlene; 5:45-7:15 p.m. • Level 1-2 with Karen; 7:30-9 p.m. • Prenatal with Marlene
Friday:
9:30-11 a.m. • Level 1-2 with Alicia
Saturday:
9:30-11 a.m. • Level 1-2 with David

Yoga Classes with Sondra O'Donnell and Certified Sun Moon Yoga Teachers • Ongoing classes • Classes include spirited vinyasa, better backs, basic yoga, therapeutic, kripalu, basic flow, yoga nidra, exhale, meditation, and yoga for anxiety and depression. $15 drop-in with reduced rates for registration or package purchase. Call Sondra 929-0274 or sondra@annarboryoga.com or sun-moon-yoga.com.

Yoga Classes at Zen Buddhist Temple • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. $60/6 sessions or $12 drop-in. Call 761-6520; annarbor@zenbuddhisttemple.org.
Yoga I • Six Tuesdays starting May 28, 6-7:30 p.m.
Yoga II with David Black • Six Tuesdays starting May 28, 6:30-8 :15 p.m. or Six Thursdays starting May 30, 6:30-8 p.m.

Yoga Classes with Michele Bond of Yoga House • $13 if registered or $17 drop-in with permission. Call 358-8546; yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 6:00-7:30 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga, which blends the science of biomechanics with an openhearted, uplifting philosophy.
The Practice • Wednesdays 6-7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun, energetic practice.
Yoga Essentials • Tuesdays 6-7:30 p.m. • For those new to yoga or new to this system. Learn universal principles of alignment that are an invaluable aid to learning the postures and deepening your understanding of the body.
Rise and Shine Yoga • Fridays 7-8:15 a.m. • We begin by candlelight, watch the sun rise over the treetops, and end in the full light of the new day with an intermediate practice.
Yoga Happy Hour: Basics plus Restorative • Fridays 5:45-6:45 p.m. • Learn basic alignment, simple postures, and breath, along with some delicious restoratives. Feel your stress melt away. $10 or $12 drop-in.

Goddess Flow: Yoga in Honor of the Divine Feminine with Barbara Brookens-Harvey • May 11, June 8, July 13, Aug. 10 • This is a vinyasa style yoga class that celebrates the Goddess within and around us. Each week, we will move through six posture flows accompanied by music dedicated to the Goddess. Some previous yoga experience recommended. Free. Contact Hygeia Center for Healing Arts at welcome@hygeiacenter.org or hygeiacenter.org.

In-Depth Yoga Therapy, Yoga, and Meditation Studies: 100, 200, 500, and 800 Levels with Ema Stefanova and Staff • Various times offered • Choose from authentic, custom-designed, basic through advanced yoga therapy, meditation, stress management, classical children's yoga and meditation or specialty programs. This is an excellent opportunity for deepening your knowledge of yoga, meditation, and yourself. Experience peace, personal growth, and transformation. For details and cost, call 665-7801; emastefanova@cs.com. or yogaandmeditation.com.

Holistic Health, Yoga, Meditation and Spirituality Retreats with Ema Stefanova and Staff • Beginners through advanced practitioners welcome. For details and cost, call 665-7801; emastefanova@cs.com. or yogaandmeditation.com.
May 17-19 • Inner Peace, Inner Joy: Energy Renewal Retreat
June 21-23 • Whole You: Healing Body and Soul from Within
July 5-9 • 5-Day Holistic Health, Yoga, and Meditation Camp
Aug. 9-11 • Cleansing Yoga and Creativity Camp, with Families Welcome
Aug. 23-25 • Whole Yoga, Meditation, Lake, and Forest Therapy
Sept. 1-6 • European Yoga and Meditation Retreat at Lake Ohrid, Macedonia

Holistic Health, Yoga, Meditation and Spirituality Weekend Seminars with Ema Stefanova and Staff • Beginners through advanced practitioners welcome. For details and cost, call 665-7801; emastefanova@cs.com. or yogaandmeditation.com.
May 11-12 • Yoga for Girls and Women ages 9 to 99
May 25-26 • The Yogic Way of Meditation: Tools and Techniques
June 8-9 • Yoga Programs for Allergies, Asthma, and Diabetes
June 29-30 • Yoga for Anxiety and Depression
July 13-14 • Holistic Yoga as a Way of Life

Holistic Health, Yoga, Meditation and Spirituality Classes with Ema Stefanova and Staff • Beginners through advanced practitioners welcome. For details and cost, call 665-7801; emastefanova@cs.com. or yogaandmeditation.com.
Sundays:
9:30-10:45 a.m. • Open Level Yoga
Tuesdays:
11:15 a.m.-12:30 p.m. • Open Level Yoga
4:15-5:30 p.m. • Beginning/Gentle Yoga
8:30-9:45 p.m. • Guided Meditation
Wednesdays:
9:15-10:30 a.m. • Open Level Yoga
4:30-5:45 p.m. • Guided Meditation
8:30-9:45 p.m. • Beginning/Gentle Yoga
Thursdays:
11:15 a.m.-12:30 p.m. • Beginning/Gentle Yoga
4:30-5:45 p.m. • Open Level Yoga
Fridays:
6:45-7:45 a.m. • Fresh Start

Bikram Yoga Classes • Morning, afternoon, and evening classes offered • Bikram Yoga is practiced in a 105 degree room. Be prepared to sweat! All class times are good for beginners. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Yoga Classes through University of Michigan • Various class times offered • Classes include yoga flow and restore, yoga for back care, yogilates, power yoga, laugther yoga, and chair yoga. All levels welcome. Call 647-7888; mhealthy@umich.edu or mhealthy.umich.edu/exercise.

Yoga Classes with Evolve Yoga • Ongoing classes offered weekly • A sacred space for physical, mental, and spiritual evolution. Energize the body, expand the mind, and enliven the spirit. Classes include basic, flow, prenatal, restorative, slow flow, rise and shine, vinyasa, vipassana meditation, and yoga at the wall. Call 454-9642; evolve-yoga.net.

Yoga Builds Awareness ~

The Practice of Yoga, Done with Awareness and Intelligent Action, Enhances our Physical and Emotional Well-Being

By Karen Husby-Coupland

Photography by Pam Lindberg

When I ask newcomers to my yoga classes why they decided to try yoga, I get many different answers. Some say they hope it will help with a specific problem they have, such as back pain or arthritis. Others say they want to develop more flexibility and strength to complement their other physical activities. Sometimes it's stress relief that people are looking for. And still others just want to find a fun program of physical activity that makes them feel better overall.

Those who end up staying with the class do so primarily because they feel better afterward. During each yoga class, I guide students into different postures through moving and stretching different areas of their bodies that may not get much attention otherwise. By following my instructions for doing these yoga postures, or asanas, students bring awareness to many different parts of their body and to how these parts are connected with each other. After class, I'll often hear remarks from students that they feel better than they did when they came in — that they feel refreshed and alert, even though the class may have been difficult for them.

The practice of yoga helps us become more aware — first, of our physical body as we learn to do the different yoga postures, then of our mental and emotional makeup as well.

Most of us go through our lives being only partially aware of ourselves and of what's going on around us. If we move without awareness or intelligence, we reinforce bad habits that can lead to injury and ill-health. The practice of yoga helps us become more aware — first, of our physical body as we learn to do the different yoga postures, then of our mental and emotional makeup as well. This greater awareness helps us to understand ourselves more fully, including how we respond to the world around us. This may sound esoteric to some, but yoga is a very practical method of self-study and for improving health and well-being on all levels — and its methods and benefits are available to all.

We start this self-study on the physical level by learning and practicing the yoga postures.

In Iyengar yoga classes, such as the classes I teach, the instructor demonstrates how to safely do these postures — giving simple instructions of where and how to place the different parts of the body, such as the legs, arms, trunk, and head to form the basic shapes of the asanas. We learn how to extend the limbs and how to work with different joints. We learn which muscles to keep strong and firm, and which to keep soft and relaxed. Once we can understand and follow these basic instructions, we're then given more complex instructions, to bring the postures into better alignment, and do so with more ease and integrity.

This is eye-opening for most of us! Who knew it was so difficult to keep the legs straight or the chest open? Or that our upper back may be dull and stiff while our lower back brings us pain if we're not careful? Or that it takes so much effort to maintain good posture in a simple seated or standing position? Over time, we're made aware of each and every part of our body because our attention is directed to all of these parts. As our awareness develops, we can move more deeply into the poses with more intelligence and less chance of injury.

Karen Husby-Coupland is a certified Iyengar yoga teacher and the owner of Harmony Yoga of Ann Arbor.

We continue our self-study as this practice of awareness spills into all other areas of our daily lives. We begin to observe how we react to different situations and can then determine if our reactions are helpful or harmful. We learn to make better decisions in difficult situations. As with continued observation and practice of the physical poses, this also takes time and practice.

Most of us go through our lives being only partially aware of ourselves and of what's going on around us.

When I first decided to try yoga, I chose to take Iyengar yoga classes at the Ann Arbor YMCA. I already had a strong interest in holistic health practices, and I had heard that this method of yoga could be used therapeutically. I read that yoga master Sri B.K.S. Iyengar had refined this yoga method from his own practice and insights. He had experienced that creating space and optimal alignment in the body through different yoga poses promoted increased health and well-being throughout the entire body, including the physical, mental, emotional, and spiritual layers.

I observe that, as students become more aware of how their bodies work, they see how difficult actions can become simpler. For some, this might be learning to get up from the floor with more ease. For others, it might be the ability to balance with good form in headstand.

I liked this idea of creating better overall health through intelligently using my own body,
but practicing was much more difficult than I had anticipated. I started yoga with a habitual slouch, shoulder problems, and very tight hamstrings. I found the poses difficult, the instructions sometimes arcane and contradictory, and my body unwilling to do what was being asked of it. I had sore muscles after most classes. But I usually felt great afterward in many ways, and I enjoyed my learning process. With ongoing practice and excellent guidance from my teachers, I became stronger and more flexible, and I developed an awareness of how to use my body more intelligently.

I loved how this practice of yoga made me feel, and I loved to talk about it with others. Eventually it seemed natural for me to share this with others in a more formal way. I took Iyengar yoga teacher-training classes and workshops, became certified, and started teaching my own classes.

In my classes I observe that, as students become more aware of how their bodies work, they see how difficult actions can become simpler. For some, this might be learning to get up from the floor with more ease. For others, it might be the ability to balance with good form in headstand. As students develop and continue their practice, they become aware of which parts of the body are dull and stiff and are not working well, and which areas move too freely and need to be restrained.

The practice of yoga is just that — a practice. Progress comes from using our awareness to maintain an ongoing and intelligent practice, whether it is for improving our yoga postures or for learning to react mindfully to other situations that arise in our lives.

In the prologue of his book Light on the Yoga Sutras of Patanjali, B.K.S. Iyengar says, “Body, mind, and spirit are inseparable: if the body is asleep, the soul is asleep.” In our practice of yoga, we wake up the body, bringing awareness to each and every part; and in an extension of that, we bring awareness to all layers of our being. It’s an endlessly fascinating practice that wakes us up to our own potential.

Progress comes from using our awareness to maintain an ongoing and intelligent practice, whether it is for improving our yoga postures or for learning to react mindfully to other situations that arise in our lives.

Karen Husby-Coupland is a certified Iyengar yoga teacher and the owner of Harmony Yoga of Ann Arbor, 1955 Pauline Blvd., Suite 100 B, Ann Arbor, Michigan, 48103. She has been practicing yoga for 20 years, and teaching for 14 years. For more information, please visit www.HarmonyYogaAnnArbor.com or call 734-222-9088.

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron "is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition" and is channeled through Barbara Brodsky.

Linda Adamcz, MSW, is an individual therapist and group facilitator in the mental health field for 25 years. She is also a certified practitioner of Integrative Breathwork since 1998.

Adelpha Thermography offers sophisticated mobile equipment and has partnered with Therm-Scan, an interpretation service of Infrared Medical Thermology.

Margot Adler is an author, journalist, lecturer, Wiccan priestess, and radio journalist and correspondent for National Public Radio.

Nia Aguirre, ND, is a Naturopathic Doctor in Chelsea and teaches three levels of herb classes at the Naturopathic Institute of Therapies and Education in Mt. Pleasant.

Laurie Akerros, BA, MA, LMT, is an accredited teacher of subtle body energy healing with the International Network of Esoteric Healing. She maintains a private practice in Ann Arbor offering counseling, in person or distant energy healing sessions, craniosacral, EFT, and flower essence therapies.

Don Allen is a musician, teacher, and practitioner of esoteric healing arts, and is a Drum Circle Facilitator and Health Rhythms Facilitator.

Ann Arbor Farm & Garden is a philanthropic social organization founded in 1946 that has distributed more than $500,000 in grants and scholarships to local gardening, environmental, and educational groups.

Ann Arbor Storytellers' Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling. The group holds an annual benefit concert in November, and several tell stories in local schools and other local venues.

Susan Ayer is a freelance photographer, writer of personal histories, and editor and publisher of Washtenaw Jewish News.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher. She has taught connected breathing for 30 years and is a certified breath facilitator.

Jim Balmer is the president of Dawn Farm.

Barony of Cynnabar is a chapter of the Society for Creative Anachronism based in Ann Arbor. The SCA is an international, nonprofit organization dedicated to researching and re-creating the arts and skills of pre-17th century Europe.

Rheisa Barres, owner of Light Plus Wisdom Consulting, is a communications channel and certified healer practitioner in reiki, quantum touch, esoteric healing, and essential oils. She focuses on consciousness shifting, re-balancing, and providing supportive holistic tools.

Deanne Bednar has been natural building since 1996. She is coordinator of Strawbale Studio Natural Building & Sustainable Living Skills program and illustrator of three books on natural building, with background as an art and sustainability teacher, middle school level, and Master's in Social Ecology.

Nicole Bedy is a professional artist, teacher, psychic, Reiki, and Ashati master. She also cuts cords of attachment.

Joanne Bellaire, DMin, is a former minister, teacher, and retired health care chaplain, with a passion for art.

David Black has extensive training in the Sivenanda Yoga traditions and has had a strong daily practice for many years.

Indian Dance and Music Evening

Saturday, May 18th, 6 pm, at Stamps Auditorium on North Campus. **Nawal Singh** (pictured in white), Fulbright visiting scholar at the U of M and tabla artist from Varanasi, India brings together a group of four well known artists to present an enchanting evening of dance and music from India. In a unique collaboration, Indian classical Odissi dancer **Sreyashi Dey**, Hindustani classical vocalist **Vineet Kshirsagar** and Rabindra Sangeet singer **Mousumi Banerjee** join Nawal Singh to offer a rich program of dance and music, where each of the styles has worked in complex relationship with the others. Harmonium accompaniment by **Vishrut Srivastava**. For more information, email: sreyashi2@gmail.com

Leslie Blackburn, MS, is an accomplished sacred sexual healer and transformational guide, speaker, seminar leader, radio show host, artist, and yogini.

Laurie Blakeney is an advanced level, certified Iyengar yoga instructor, teaching in Ann Arbor since 1977.

Chrissie Blaze is a professional astrologer, speaker, and author of seven published books. She is a regular media guest, and conducts lectures and workshops in the U.S. and U.K. on subjects from astrology to UFOs.

Bloom! Garden Center and new home of Elemental Design in Dexter provides creative and artful landscaping, plants, garden goods, as well as local produce and artisan breads from White Lotus Farms.

Carol Blotter has been practicing Vipassana meditation since 1989 and has been teaching since 1999. She is a teacher for the Forest Way and Deep Spring Center.

Michele Bond has over 500 hours of training in yoga and yoga therapeutics, and combines humor into her teaching. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay, and studies meditation with Dr. Paul Muller-Ortega.

Bonnie Brandes has worked with adults and children with disabilities for over 25 years.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, nonprofit executive, and program visionary. She is a DONA International birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a nonprofit web-based community linking volunteer doulas with low-income families.

Chris Briney has over 15 years of devoted yoga practice and over ten years of steady study of Iyengar Yoga.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Barbara Brodsky is a dharma teacher who leads meditation retreats and spiritual inquiry workshops worldwide. Since 1989, she has been the channel for the spirit, Aaron, and more recently Brothers & Sisters of Light.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, metaphysics, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer that creates and performs personalized ceremonies for weddings and other special occasions.

Barbara Brookens-Harvey, LMSW, IMH-E, III, Yoga Teacher, believes that yoga, mindfulness, and the cultivation of joy allow the body to move toward physical, emotional, and spiritual well being.

Vivian Broughton is an author, lecturer, authority on trauma and generational psycho-traumatology, Gestalt psychotherapist, and constellation trauma therapist.

Jessica Burche is currently a MSW student at U of MI. She has been reading tarot since she was 17, and is also a Reiki II practitioner.

Kimberly Cardeccia, MA, LPC, is a Licensed Professional Counselor who has over 30 years experience in the horse world.

Gail Castle and Christine Bridges are certified Quantum Touch instructors.

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy and has studied meditation for 27 years.

Jill Castro, PsyD, LLP, is a clinical psychologist whose training has emphasized humanistic/existential psychology and mindfulness-based interventions.

Center for the Childbearing Year is a community of childbearing families and professionals who serve them. The center provides holistic childbirth preparation, doula certification through DONA International, birth and postpartum doula workshops, professional and business development programs, MotherBaby drop-in groups, a lending library, online resources, and a Breastfeeding Center.

Centers of Light are places for people searching for inner truth, meaning, and direct relationship with God. They teach, share, and cultivate spirituality through sacraments, meditation, seminars, classes, and practical instruction.

Roxane Raffin Chan, RN, PhD, is an advanced board certified holistic nurse with a private practice teaching medication in the community for over ten years. She is currently conducting National Institute of Health fund research at U of MI, involving meditation as intervention for persons with COPD.

Lennen Chance is a massage therapist and graduate from Ann Arbor Institute of Massage Therapy

Chef John is a raw food chef and nutrition health coach trained in healing foods for diabetes. He is also a marathon finisher at 59 years, and is still running.

Jeeheon Cho is owner of Jeeheon Cho Photography. He has a diverse portfolio of travel, portrait, and garden photography with a special talent for capturing the essence and ambience of gardens.

Lori Coburn, MSW, worked as a psychotherapist for 25 years. She has presented workshops nationally on A Course in Miracles, and is author of *Breaking Free: How Forgiveness & A Course in Miracles Can Set You Free*.

Karn Cornell has been an astrologer for over 30 years and is a spiritualist, minister, healer, medium, and teacher through the Christian Council of Spiritualist Churches of Great Britain. She utilizes the astrological consultation to assist in self-discovery and empowerment.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. She is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Crystal Moon Paranormal is owned by Heidi, a paranormal consultant with formal training in metaphysics, mediumship, and parapsychology. Her goal is to empower students and clients to become self sufficient and confident in preserving their home as their sacred space.

Joya D'Cruz is a Licensed Marriage and Family Therapist and a Certified Focusing Trainer. She has a private practice in the Ann Arbor area.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has teaching certifications from Omega Institute in NY and the Center for Yoga in MI.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Jacqueline Doneghy, MSW, is co-owner of Ann Arbor Center for Groups. She is a psychotherapist in practice for more than 20 years, specializing in dual diagnosis - mental health and chemical dependency.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, and developmental psychologist. She has extensive training with Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions, such as Tibetan, Andean, Celtic, and Buryatan, and is co-founder of Spirit Weavers.

Erica Dutton began meditating in 1999 and has been practicing Vipassana with Deep Spring Center since 2001. She joined the teacher training program in 2006 and has since taught classes.

Joan Ebbitt, LMSW, is a spiritual director, licensed master social worker, and author. Her work with religious, clergy, and lay people in the fields of addiction and eating disorders supported her understanding of the spiritual losses that happen to anyone who suffers a major illness.

Linda Diane Feldt is a holistic health practitioner, wild crafter, forager, People's Food Co-op board member, and teacher. She has over 20 years' experience teaching the community about plants, herbs, and holistic medicine.

Anna Fernandez is the owner of Mother Bloom Botanicals and midwife at New Moon Midwifery.

Bon Rose Fine, a student of astrology since 1993, now writes, teaches, lectures, and offers personal astrological consultations.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman, and has made a career out of her passion for building community by bringing people together to drum.

Nancy Flanagan, MFA, is a working artist and local college teacher.

Deb Foggio, owner of The Center for Integrative Well Being, is an intuitive Life Path consultant who assists people in discovering, developing, and living lives of purpose and prosperity. She is an intuitive, life coach, systemic constellations facilitator, teacher, and Bach Remedy consultant.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and recently published his third book with Gloria Hemsher, *Psychic Psychology: Energy Skills for Life and Relationships***.**

Friends of Wildlife presenters are licensed and trained wildlife rehabilitators.

Melanie Fuscaldo, MA, LPC, NCC, is a counselor and life coach specializing in career, life, and spiritual transformations.

Alice Brown Gagnon, MA, is a psychotherapist and founder and director of Core Healing Center in Ann Arbor. She is the author of *Radical Self-Care for Weight Loss for Life***.**

Amy Garber is a medium, channel, and intuitive who has been a student of metaphysics for over 20 years. She has served the public for over ten years by consulting with spirit guides, illuminating past lives, and connecting with departed loved ones.

Bronwen Gates, PhD, helps you open to more of who you are through inspirational leadership and joy coaching. She has been a flower essence and energy medicine practitioner for more than 30 years.

Norma Gentile, master of music, creates possibilities of healing through music and meditation. A professional channel for the Hathors, Mary, and Archangel Michael, Norma offers free monthly healing songs online.

Mary Grannan has been a meditator since 1977, began practicing Vipassana in 2001, and joined Deep Spring's teacher training program in 2004. She has devoted much time to studying and practicing the Dharma.

Aura Glaser, PhD, is a dharma teacher and clinical psychologist who integrates spiritual, psychological, and embodiment work. She is co-founder of Jewel Heart and original owner of Crazy Wisdom Bookstore. In 2012, she founded Inner Sky.

Jane Glazer, RN, is a board certified Pediatric and Family Nurse Practitioner. Her interests range from childbirth through the reproductive stages of life with special focus on children's and women's health.

Michelle Graves has been an Allen Creek teacher for over ten years.

Great Lakes Astrology Conference features 19 well known astrologers from around the world.

Karen Greenberg has been a teacher of Kabbalah for over a decade. She has a degree in Physical Therapy and has danced professionally.

Paulette Grotrian is a longtime mindfulness meditator and studied Mindfulness-Based Stress Reduction through the Univ. of MA Medical School with Jon Kabat-Zinn.

Nirmala Hanke is a long time meditator and teacher of meditation at Lighthouse Center in Whitmore Lake. She is a psychiatrist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen is a certified Enneagram teacher in the Narrative Tradition, a psychotherapist, personal and spiritual advisor, and founder of the Enneagram Center of Ann Arbor.

Anna Marie Henrich teaches spiritual inquiry, mindfulness, meditative dialogue, and Vipassana Meditation practices and how to apply these to daily life.

Andrea Hill is a bodyworker and spiritual practitioner who offers self care and awareness tools as a discovery process for finding a fuller, more beautiful relationship to life.

Sierra Hillebrand is a psychotherapist who draws on over 15 years of professional experiences supporting individuals and families living healthy, joyful, fulfilling lives.

Abby Humphrey has been practicing acupuncture in Ann Arbor since 1999. A practitioner of Chinese herbal medicine, she is a member of the Michigan Acupuncture and Oriental Medicine Alliance and of the American Association of Acupuncture and Oriental Medicine.

Hygeia Center for Healing Arts is a community-based wellness center located in Ann Arbor dedicated to providing holistic healthcare and health education to people from all walks of life.

Interfaith Center for Spiritual Growth in Whitmore Lake creates an atmosphere and structure to foster and stimulate individual and collective spiritual growth.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Exploring Qigong and the "Soft" Martial Arts: Tai Chi, Ba Gua, and Xin Yi

By Joel Robbins

The virtues of the martial art Tai Chi are well known, but few have heard of its cousin arts Ba Gua and Xin Yi, or of the health practices of Qigong, which constitute the structural and energetic foundation for these martial arts. How do these relate to one another and which is better for self-defense or health cultivation? How is it that a fighting art like Tai Chi can have such profound health benefits? To answer these questions, we will begin with Qigong as this is the precursor to the "soft" martial arts Tai Chi, Ba Gua, and Xin Yi. While traditional, hard style martial arts emphasize muscle strength or momentum for martial power, the soft martial arts use relaxed, integrated body structure to absorb oncoming assaults and project force externally. The methods to develop this integrated structure come from the health practices of Qigong.

While traditional, hard style martial arts emphasize muscle strength or momentum for martial power, the soft martial arts use relaxed, integrated body structure to absorb oncoming assaults and project force externally.

Qigong

The words Qi and Gong translate as "energy" and "skill" respectively. Developed thousands of years ago in China, Qigong can sometimes include non-moving meditations or social practices. However, the vast majority of Qigong involves gentle, meditative movements, often coordinated with breathwork or visualization. While other forms of exercise emphasize stretching, muscle building, or cardiovascular health, Qigong movements promote natural range of motion to relax and integrate the spaces between muscle, bone, and connective tissue. When these tiny spaces open, the body's Qi/energy can flow freely through the meridians of Chinese medicine, and, as a result, the body is affected much like an acupuncture treatment. In general, this type of relaxed, integrated structure cannot develop through hard, strong intent/will, as this restricts the meridians and stagnates Qi. Instead, it is accomplished through "intent-less intent" — that which develops from Wu Wei (literally "non-doing" or "effortless action"). Through the very non-active process of relaxing/softening restrictions, a natural integrated structure will effortlessly emerge. This approach is summarized in the ancient Taoist proverb, "Tao fa zi ran" – the method of the Tao is what naturally arises.

Joel Robbins is an acupuncturist and board-certified Chinese medicine practitioner, and a certified instructor of Tai Chi, Bagua, and Qigong. (See his listings in the Tai Chi section.)

Tai Chi Chuan

Over time certain principles of Qigong have become integrated with martial techniques to create art forms that cultivate health while training the body to effortlessly deliver deadly force to an opponent. The most famous of these arts is Tai Chi Chuan, attributed to the 16th century Taoist sage Chan San Feng. Tai translates as "great" and Chi translates as "extreme" or "ultimate." The term Tai Chi ("great ultimate") refers to what is often called the "Yin-Yang" concept. According to Taoist theory, the interactions of these two cosmic forces generated

Tai Chi Chuan, translating as "great ultimate boxing," is a practice that integrates the concepts of Yin-Yang theory with meditation, Qigong, and martial training.

the "ten thousand things" (everything in the universe). With such profound implications for all life, it is easy to understand how this concept was given the esteemed title of "great ultimate." The word Chuan (alternately Zhang), meaning "fist" or "boxing," is used to denote a martial system. Therefore, Tai Chi Chuan, translating as "great ultimate boxing," is a practice that integrates the concepts of Yin-Yang theory with meditation, Qigong, and martial training. As a result, Tai Chi offers many of the same benefits of Qigong, while also developing applied body mechanics, mental exercise, and self-defense skill.

Ba Gua Zhang ("eight trigram boxing") is integrated with the principles of change described in the divination text, the *I-Ching*. This beautiful yet complex art incorporates Taoist circle-walking meditation with martial techniques to create an expressive and fluid system that trains the practitioner to defend against up to eight attackers simultaneously.

Martial Training in Tai Chi

While hard style martial arts often train to meet force with force (a strike returned with another strike), Tai Chi Chuan practitioners utilize the principles of Yin and Yang, manifested as empty and full, so that when the opponent pushes, there is nothing to push against. And, when he has no push left to give, he becomes unbalanced and can be easily uprooted, as the *Tai Chi Classics* say, "using 4 ounces to move 1,000 pounds." Partner exercises known as Tui Shou ("pushing hands") train sensitivity, rootedness, and softness as means to overcome opposition. Through these martial "games," the Tai Chi practitioner learns practical applications of grand Taoist ideals, such as those expressed in the *Tao Te Ching*: "The softest thing in the world overcomes the hardest thing in the world. That which is without form can enter where there is no space. Thus we know the value of non-doing."

Ba Gua Zhang and Xing Yi Chuan

Less well known, the martial arts Ba Gua Zhang and Xin Yi Chuan also utilize Qigong principles for martial skill. Ba Gua Zhang ("eight trigram boxing") is integrated with the principles of change described in the divination text, the *I-Ching*. This beautiful yet complex art incorporates Taoist circle-walking meditation with martial techniques to create an expressive and fluid system that trains the practitioner to defend against up to eight attackers simultaneously. Xin Yi Chuan ("mind intent boxing") is arguably the most martial and linear of all three "soft" styles. Direct and forward in its approach, Xin Yi's martial skill is integrated with principles of the Chinese five elements and twelve animals.

Conclusion

The "soft" martial arts Tai Chi, Ba Gua, and Xin Yi are powerful systems for cultivating health and martial skill that are based on the ancient energy practices of Qigong. Within all of these systems, there are many different styles, each with unique benefits. Those seeking health cultivation alone will do well to explore the various styles of Qigong, while those interested in self-defense also may consider Tai Chi, Ba Gua, and Xin Yi. One's personal predispositions should be taken into account when identifying a suitable style. It is a good idea to visit a few schools to get a feeling for the art form and teaching style. When searching for qualified instruction, it is important to investigate a teacher's training and background, as mastery of these arts can only be cultivated through years of personal practice and exploration.

Joel Robbins, Dipl. O.M., an Ann Arbor native, has been studying Tai Chi, Qigong, and Taoist philosophy since the early 1990s. He holds a masters degree in acupuncture and oriental medicine, is a board-certified Chinese medicine practitioner, and a certified instructor of Tai Chi, Bagua, and Qigong. Joel is a registered acupuncturist in the state of Michigan and offers classes and private instruction in Tai Chi, Qigong, and Chinese healing arts at various locations in Ann Arbor. For more information, visit www.jrherbsandacupuncture.com, call (734) 315-0573, or email him at jrherbsandacupuncture@gmail.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Molly Jones is studying neuromuscular therapy at Ann Arbor Institute of Massage Therapy. She plays experimental jazz and cooks experimental meals.

Joanne Karpinen, PhD, is a licensed clinical psychologist, diplomate in comprehensive energy psychology, certified Eden Energy Medicine practitioner, and teacher for the International Network of Esoteric Healing.

Snatam Kaur is a beloved and world-renowned teacher of chant and kundalini yoga whose dedication to peace, love, and well being has inspired students and audiences around the globe. She is the highly recognized chantress and musician of many best-selling musical recordings.

Attracta Kelly, OP, earned her law degree in 1996 from Catholic University of America. During law school, she served as an intern with the Catholic Legal Immigration Network, gaining asylum for people from war-torn countries and legal status for abused women and children.

Kelly Kempter is a bodyworker specializing in Thai Massage and shiatsu. She is co-owner of Kaizen Healing Arts and faculty at Blue Lotus Thai Healing Studies where she teaches Thai Massage.

Shala Kilmer, founder of Intuition Path, has been part of the metaphysical community for 25 years. She helps people develop and trust their intuitive gifts through classes, special trainings, retreats, and readings.

Carole Kirby, LMSW, has over 30 years experience as therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter specializing in couples therapy, but also works with individuals and families.

The Kite Network is a nonprofit, all-volunteer organization that provides personal, peer-to-peer grief counseling at no charge to residents of Washtenaw County who have lost a loved one.

Dave and Pat Krajovic are certified Transformational Breath Facilitators, senior trainers, certified massage therapists, and have advanced training in CranioSacral Therapy, Pranic Healing, and Esoteric Healing.

MJ LaDuke teaches private and custom yoga and meditation in Novi. She is a doTERRA IPC, consultant, freelance writer and blogger, earth advocate, and community volunteer.

Lamaze Family Center of Ann Arbor has been supporting, educating, and empowering families since 1967.

David Lawson has practiced various forms of meditation since 1985 and has taught insight meditation since 1998 in meditation retreats, classes, workshops, prison, university and community education settings.

Dr. Jonathan Lazar is a health trend expert, author, speaker, and radio talk show host.

Leslie Science & Nature Center is a nonprofit organization that provides environmental education programs for children, families and other individuals in southeast Michigan. LSNC's grounds with live raptor enclosures, a Critter House and wooded hiking trails are open and free to the public every day.

Frank Levey has been practicing Vipassana meditation since the mid 1980s, and has been connected to Deep Spring Center since 1993. He is also a student/teacher of natural healing arts and wilderness living skills for most of his life. He is a certified facilitator of Transformational Breathwork and runs Blue Turtle Nature Camp.

Robert Lewanski is a certified massage therapist, practitioner of Chinese 5 Element Body Typing Medicine, and certified nutritional Ayurvedic consultant, with Chi Kung Energy healing exercises experience.

Jack and Susan Lewis are spiritual teachers with an intuitive ability to help others become connected and aware. They are light workers, and aura photographers and interpreters.

Barry Lipscomb provides entrepreneurs and small business owners with a collaborative process for clearly defining objectives, generating new ideas, taking measured actions, and keeping track of progress.

Ellen Livingston studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, has more than twenty years of independent research on the topics of health and nutrition. She teaches yoga and raw food classes.

Callan Loo is the president of Peaceful Crossings, a certified celebrant, a trans-religious ordained minister, and certified Legacy Coach.

Jessica Luibrans graduated from GVSU with a BS in Health Sciences, and has been doing Thermography since then. She is a Certified Clinical Thermographer and a Certified Clinical Thermography Trainer through the IAMT.

Claire Maitre, founder of Chrysalis Transitions, has trained with Joanna Macy, including as a facilitator for the Work That Reconnects. She has training in the Transition movement and has two certificates in Permaculture Design.

Teachers, Lecturers, Workshop Leaders and the Centers

Susan Major is a reading and dyslexia specialist.

Cory Mann is owner of Poseidon Ponds & Landscaping. His connection to local ecosystems of streams and lakes began in his childhood and grew into his passion for waterscaping.

Debbie Mast and Brian Obrecht are apprentices to the Sweet Medicine SunDance shamanic tradition, each with over 20 years' experience leading rites of passage, vision quests, and other ceremonies.

Jane McClaren is founder of Avastar Intl. Institute, Systemic Family Constellations facilitator and teacher, and offers Reiki and esoteric energy healing.

Barb McConnell, LPN, is a Certified Healing Touch Practitioner and Instructor for Levels 1-4. She has over 30 years experience in clinical and industrial nursing with a private practice in Grass Lake.

Molly McMullen-Laird is an anthroposophic physician who has been treating cancer patients with supportive care for 20 years.

Brady Mikusko, MSW, is a life coach in Ann Arbor who uses EFT within her practice.

Michael Morris, MA, LLP, has been teaching the Sedona Method since 1999.

Mother Clare is a Christian Mystic Master and priest with Center of Light. She is also an author and speaker, spiritual teacher, midwife, and psychotherapist.

Irena Nagler is a performer and director with Nightfire Dance Theater. She facilitates creative and environmental dance groups and dream circles oriented toward creative expression.

Winnie Nazarko and Pascal Auclair are experienced teachers who were trained by Joseph Goldstein, Sharon Salzberg, and Jack Kornfield at the Insight Meditation Society in Barre, MA.

Marybeth Rombach Nelson is a spiritual teacher, intuitive, and published author. She travels throughout Michigan teaching seminars and classes about spirituality.

> "We are all in the gutter, but some of us are looking at the stars."
>
> ~ Oscar Wilde

Chuck Newman, founder of ReCellular and Jewish Community Center of Greater Ann Arbor, is a member of the Association of Professional Historians.

NSHA Naturopath Interns share their two years of training within a three-year program with clinical internship.

John Orr received his training in Thailand and India and was a Buddhist monk for eight years. He has been teaching meditation since 1979 and lives in North Carolina where he does transpersonal counseling and teaches at Duke.

Lucinda Orwoll, LMSW, is a licensed psychologist with a holistic and spiritual approach to psychotherapy.

Connor Otto is a performer, therapeutic bodyworker, naturopathic intern, movement instructor, dancer, and Ann Arbor native.

Ruth Owens has been a massage therapist for over 15 years using deep tissue, Swedish, and stone therapy. A Reiki Master, she has also learned the art of quantum touch and crystal therapy.

Glenn Pailthorp is a clairvoyant reader and counselor trained in spiritualist and shamanic traditions. He is certified in Hypnotherapy and NLP for over 17 years.

Robert Palmer has been an educator for 18 years. He co-founded two schools and taught at Eton Academy, a National Exemplary School in Birmingham, for six years, and began Raven Writing Studios, Ink in 2011.

Ron Palumbo has facilitated empowerment workshops for over 25 years in the U.S. and Canada, and has been a featured speaker at healing symposia.

Craig Parian, certified shiatsu practitioner of Evolving Shiatsu and teacher at Ann Arbor Institute of Massage Therapy, offers traditional shiatsu, Zen shiatsu, central channel clearing, structural alignment, Himalayan bowl healing, breathwork, diet and health counseling, and exercise.

Sifu Genie Parker has trained and taught Wu Style Tai Chi Chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and gatekeeper of the Wu style.

Tim Parker brings a wealth of knowledge from his former position with a successful retail nursery and now is associated with Willoway Nurseries, a large grower and supplier of lovely plants, trees, and shrubs.

Michael Patrick Peters is the principle artist and creator of Imagine DO & DMT and has been a green business entrepreneur in southeast Michigan for 12 years. He has studied healing arts since the age of 16.

Sally Pinchock is a student of metaphysics, a spiritual seeker, and Reiki practitioner.

Katherine Potts is the owner of Goddess Gate intuitive life coaching and tarot reading. She incorporates a mix of emotional healing techniques in her work, including EMDR, and is a MSW student at U of MI.

Judy Liu Ramsey, a bodyworker in Ann Arbor, has been an animal communicator for eight years. She is trained as an interspecies counselor by Penelope Smith and is a member of the Animal Spirit Network.

Christopher Ray has been learning, sharing, and teaching his style of bodywork for over 20 years.

Joe Reilly is a musician and singer whose songs touch deep reserves of compassion and joy within the hearts of his listeners, giving encouragement to others on the spiritual path. He uses music as a universal voice of communication and celebration beyond the lines of race, age, ethnicity, and religion.

Nick Reszetar, MFA, is a working artist and local college teacher.

Deb Rhizal is an active local birth doula, childbirth educator, Reiki practitioner, and wellness coach.

Gelek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Gail Ristow is a trained and certified labyrinth facilitator, local artist, web business owner, mediator, and administrator.

Jermaine Rivers is a musician who plays rhythm guitar, bass, piano, and drums. He has released two cds online, one music video, and has been performing around the Detroit area since 2009.

Joel Robbins, Dipl OM, has been studying tai chi, qigong, and Taoist healing arts for over 20 years. He has a master's degree in Chinese medicine, is a certified tai chi, bagua, and qigong instructor, and a registered acupuncturist.

Barbara Robertson is the Director/Owner of The Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator.

Andrew Rogers has served as a priest for almost 30 years and gives theater organ concerts, and scores and performs silent films. He has been channeling meditative music since the 1970's.

Jonathan Rudinger, RN, LMT, and founder of PetMassage, has worked in the canine massage areas since the mid 1990's. He facilitates workshops and home study courses.

The Rudolf Steiner Health Center is an inpatient center specializing in alternative health care for chronic illnesses and disorders.

Sahaja Volunteer members have taught Sahaja Yoga meditation classes and workshops for more than ten years at no charge to all interested.

Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg are Certified Iyengar instructors. **Kirsten Brooks** is studying to take the certification exam.

Swami Saradananda is a yoga and meditation teacher and author of a number of books, including Chakra Meditation, The Power of Breath, Relax and Unwind with Yoga, and The Essential Guide to Chakras. After working with the Sivananda Yoga Centres as a senior teacher in New York, London, and Delhi, she did intensive personal practice in the Himalayas.

Jason Schwartz, LMSW, CAADC, is clinical director of Dawn Farm.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Puck Shadowdrake is an elder in the Gregorian tradition of Wicca, and has been a presenter and ritualist in the Ann Arbor and Detroit pagan communities for over 30 years, teaching classes locally and at ConVocation. He is currently High Priest of the Circle of the Samhain Moon, a local Gregorian coven, and a tarot reader and teacher for over ten years.

Anat Shlagman is a Reiki Master since 2005 and a mother of three with a deep connection to Reiki. She uses it for relaxation, pain relief, discomfort relief during sickness, and more.

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an alternative medical practitioner.

Joe Simon is an astrologer from Columbus, Ohio. He has studied with Isabel Hickey, Rob Hand, and Zipporah Dobyns during the 1970s, and has been tutored by Robert Zoller for the last 15 years.

Neil Simon is owner of the Business Development Group and a successful business coach for over 30 years.

Megan Sims, BFA in Dance and a Masters of Psychology, uses dance and arts for cultivating joy, mental and physical health, and personal growth.

Jessica Snyder is farm manager at White Lotus Farms.

Song of the Morning in Vanderbilt, MI, is Michigan's oldest yoga retreat founded by James Oliver Black in the late 1960's, a direct and senior disciple of the Great Indian Saint Paramahansa Yogananda.

Matthew Statman, LMSW, CADC, is the University of Michigan Collegiate Recovery Program Manager and a former Dawn Farm therapist.

Gari Stein has been an educator and consultant since 1966. She is the owner of Music For Little Folks for children birth to 8 and their families and is an active member of the early childhood community with degrees in Child Development & Dance.

Teachers, Lecturers, Workshop Leaders and the Centers

Ema Stefanova is a self-realized yoga and meditation master, author, healer, and tireless educator appointed by her gurus to teach in 1979. She has served as the U of MI Integrative Medicine Referral Practitioner for many years.

The Breastfeeding Center of Ann Arbor LLC, offers comprehensive support services for breastfeeding mothers and babies, including private consultations, free MotherBaby support groups and breastfeeding-related retail.

Robert Thibodeau is an astrological consultant, researcher, and predictive astrologer, and the owner of Mayflower Bookshop in Berkley, MI. He has appeared on television and radio, is a published author, and producer of a monthly newsletter.

Tanya Thunberg, LMSW, ACSW, RYT, owner of Spirit Moves, a private healing arts practice in Ann Arbor offering holistic psychotherapy, yoga and Thai Yoga bodywork sessions, classes, workshops and retreats.

Stephanie Tighe, MSW, is a shamanic practitioner who is practiced in many forms of cultural shamanism and is a graduate of the Foundation for Shamanic Studies. She teaches and has a healing practice.

Mary Tillinghast has managed Castle Remedies for over 25 years and received hands-on training with Dr. Lev Linkner in his medical practice.

Beth Tobin, LSW, Sage-ing Facilitator, and Certified Eden Alternatives Educator, has been devoted to her practice as a master level clinical social worker, community organizer, and education facilitator since 1996.

Judy Lee Trautman is a certified leader of dances, an initiated Sufi, and ordained Sufi Cherag.

Karen Ufer is certified in Iyengar yoga with over 30 years of teaching experience.

Cam Vozar is a psychotherapist in private practice for over 25 years, and has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Richard Weber has been studying astrology for over 20 years and given readings for more than ten years.

Mark Weiner, MD, is a physician specializing in Internal Medicine and Addiction Medicine.

Alia Wesala is trained as a clinical social worker and has studied Western astrology for ten years.

Suzy Wienckowski is Reiki Master and Registered Massage Therapist who has over 30 years experience in healing arts, with Reiki as a focus since 1993. She teaches traditional Usui Reiki Healing and is a member of the Reiki Alliance.

Debra Williams is a certified massage therapist and bodyworker, practicing Reiki, massage, reflexology and craniosacral therapy.

Julie Wolcott began meditating in the early 1960s with a course in Transcendental Meditation. The meditation and related practices she teaches are based primarily on Theravadan Buddhist practices, enhanced with similar practices from many other traditions, and teaches Vipassana meditation for the past four years.

Heidi Wolfe has formal training in various psychic modalities, including channeling and mediumship.

Nancy Wolfe is a painter who exhibits her work in Chicago, Ohio, and Michigan. She has taught in EMU's art department and for WSU's art therapy program, and for various community organizations.

Dana Young, PhD, has worked with scientists, physicians, and specialists on essential oils and has been involved in every step of the cultivation and manufacturing of essential oils with 17 years' experience.

Wasentha Young, a practitioner since 1968, has received formal training in tai chi, chi kung, and Taoist and Buddhist meditation. She is certified in TCM and acupressure with a masters degree in Transpersonal Studies.

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Karlta Zarley, RN, has over 30 years' experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 15 years as a professional healer and educator.

Lisa Zucker began meditating in 1999 and has been practicing Vipassana with Deep Spring Center since 2001. She joined the teacher training program in 2006 and has since taught classes in meditation.

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Personal Reflections on a Quest for the Grail

The Grail story takes place in the 12th century; it could be the 21st century.

By Marijo Grogan

The story of Parsival, the great knight, the errant fool in quest of the Holy Grail, cycles through my life. Written by a Jewish courtier about Christians and Moslems, it also conjures up images of Celtic cauldrons and alchemy. This legend stands at the crossroads of a Western world moving from village to city, from tribe to guild, and follows us into the 21st century from national to global identity.

This legend stands at the crossroads of a Western world moving from village to city, from tribe to guild, and follows us into the 21st century from national to global identity.

The Grail story foreshadows coming changes in society, science, and religion. Themes of personal and communal healing and transformation are as relevant today as they were five hundred or a thousand years ago. An alchemist who pokes his head through a medieval skyline filled with planets and astrological creatures could find himself in Hollywood. Here, cowboys take the place of knights while TV evangelists supplant monks and mystics. Producers buy the rights to the Wasteland and steal the Fisher King, filling the world with secret societies, and marrying Magdalene to Christ in Dan Brown's *The Da Vinci Code*. Despite contemporary alterations, the Quest for the Grail is being rediscovered as one of the greatest spiritual classics in the Western world.

Meanwhile, I attempt to unravel the mystery of how the Grail journey has managed to occupy a place in my imagination for the better part of thirty years. I was first introduced to the legend at a teacher training course in Steiner education. Through the years feminist friends chastised me for my obsession with what appeared to be a male dominated myth. Yet, I held out until Malcolm Godwin's book, *The Holy Grail: Its Origins, Secrets and Meaning Revealed*, arrived on the shores of the new world. In his masterpiece, Godwin identifies three wounds infecting Medieval Europe and Western culture to the present day: the Repression of the Feminine, the Creation of the Wasteland, and the Wounding of the Individual Self.

Parsival will learn over a lifetime of searching the secrets of a spiritual wisdom that transforms not only his own life but that of the global community.

I hunger to understand the mystery of the story as it impacts my own life. Everyday there is more evidence of disruption as suburbia advances on my little home in the woods, stomping out native species and family farms. Like my neighbors, I live in fear of job loss, global warming, and corporations running the country. I try to ignore the news about the latest wars somewhere around the world, yet they haunt my dreams.

By the time the Grail legend moved from oral tradition to the written word, much of society was in flux. It is easy to see the similarities to our own world today: migrants on the move from rural to urban centers, political and religious institutions rife with corruption, plagues and famines threatening annihilation, and the latest Inquisitor attempting to suppress free thought. Anxiety ruled the day.

Yet, just around the corner a parallel universe was carefully hidden away in the memory of Grail followers. In this universe, the Black Madonna reigned in her cathedrals symbolizing a connection of the Divine to the earth and her peoples. Courtly love and romance were preserved in literary epics while many followed the teachings of mystics such as Meister Eckhart, Hildegard of Bingen, and St. Francis of Assisi. Much of the wisdom of Greece, Egypt, and the Arab world would be protected for future generations in manuscripts hidden away in monastery libraries. With such a noble history, it is fitting that the Grail legend is currently being reclaimed for our times.

The Grail Story Begins: The Wasteland Appears in Childhood

The Grail story takes place in the 12th century; it could be the 21st century. Parsival's father and brothers are killed while fighting in the Middle East. Crusaders flow from Avignon to Damascus and Jerusalem, not in search of oil, but trade routes and spice monopolies. An apocalyptic pall settles over the land. Wars scar nature's bounty, destroy villages and families.

Parsival's mother hides her son away in a woodland cottage, protecting him from discovery by the war machine. As a boy, Parsival roams the woods around his home. Nature becomes his teacher. It is this relationship to the land that will prove to be his saving grace, providing a connection to his Tree of Life throughout a lifetime filled with challenges.

Lured to join the knights in King Arthur's Court, Parsival's mother dresses her young son in a patchwork quilt, the fool's garb, in an attempt to disguise and protect him from the war machine she once escaped.

Like others, Parsival will set out in search of the Fisher King whose castle contains the Holy Grail yet whose wound infects his kingdom now referred to as the Wasteland, a place of social, economic, and environmental devastation. Parsival will learn over a lifetime of searching the secrets of a spiritual wisdom that transforms not only his own life but that of the global community.

My Story Begins: The Wasteland Appears in Childhood

I used to love sitting under the great old oak, my personal Tree of Life in our front yard. There I dreamed of riding the roots into the heart of the earth…

I loved nature as a child, especially walks in Pitcher Woods with my father who pointed out the dens of small animals and the three types of sassafras leaves. At some point, he would take out his Swiss pocketknife to peel away a bit of the root so that I could exclaim in wonder, "It smells like root beer." I used to love sitting under

the great old oak, my personal Tree of Life in our front yard. There I dreamed of riding the roots into the heart of the earth, past places where small animals lived, moles and voles and chipmunks, past the bones of my grandparents and ancient Indians, past layers of topsoil, sand, bedrock, and limestone, past ground water and underground rivers, down to the place of heat, fire, and molten magma.

At other times, the great tree lifted me up along its sturdy trunk to branches where I swung out over our small plot of land, or climbed into great cumulous clouds, the wind lapping at my legs and hair. This same breeze blew the curtains of my bedroom on spring mornings. The animals on the curtains swayed and moved in unison, calling out to me to join them in their jungle home, in Eden.

I remember sitting on my mother's lap while she read the story of "The Littlest Angel." A Giotto cupid, chubby and pink, floated on the cover against a deep blue sky. He held a cigar box, his souvenir from earth to accompany him throughout eternity, a treasure containing his most valued possessions — a shell, a pinecone, a feather, and a special stone were among his favorites.
I remember how sad this story made me feel even as a child. Heaven's golden paved streets could not compare with the paths through the woods near my home. Even as a child I was aware of the end times. As a family, we said the rosary for the conversion of Russia and checked out bomb shelter units for our basement.

Even at six, I knew this story could not be true. It would never be possible to hide from an atomic war and live underground.

When I was six, signs of the Wasteland appeared unexpectedly on a hot summer's night. My parents packed us children into the maroon Pontiac and drove to Northland, the country's first shopping mall. Here we found a family of four living in a sample bomb shelter. The mother prepared dinner from food packets while the father read his newspaper. Above them, like the eye of God, a painting of the Swiss Alps was framed with gingham curtains to provide a homey feeling to their incarcerated existence. The horror of this scenario jolted me awake. Even at six, I knew this story could not be true. It would never be possible to hide from an atomic war and live underground.

When I started school not long after this event, my mother was terrified to watch her little girl walk up the hill past Pitcher Woods and disappear at the summit for the final four blocks before arriving at her destination. She dressed me in a red wool coat, not for disguise but for her own recognition, and warned me not to take anything from the men who picked mushrooms in the woods. Finally came the goodbye kiss at the door and a short prayer.

My mother sat at the dining room table holding her infant son while she watched my slow progression up the hill past the woods. At other times, she tried to protect me with amulets and prayers like the solemn litanies chanted on Holy Thursday. *Heart of Jesus, House of God and Gate of Heaven, King and Center of all Hearts…Holy Mary, Mother of God, Cause of our Joy, Mystical Rose, Tower of Ivory, Morning Star.* Rosaries and prayers offered to the saints and angels comprised our greatest shield against the terrors of the world.

Rosaries and prayers offered to the saints and angels comprised our greatest shield against the terrors of the world.

I grew up surrounded by the stories of saints who loved plants and talked with animals. St. Columba's horse cried in his lap when he knew the old monk was dying. St. Francis saved the wolf of Gubbio from the people and the people from the wolf. St. Therese of the Little Flower sent roses from heaven as a sign of hope. St. Brendan's ship came to rest on the back of a giant whale when he was seeking the Isle of the Saints. In my late teens, I would set aside these stories to follow my own destiny; one I believed, like Parsival, would save the world.

Epilogue

Of course, this is just the beginning of the Grail story. There are so many more landscapes, twisting plots, and colorful characters to explore. Meanwhile, I attempt to help others interpret the great archetypal wisdom of the Grail for their own lives and times. Together, we take the journey into the deep unconscious where we wrestle with our shadow and uncover the treasure lying at the heart of our psyche and soul. Ultimately, I trust the stories that come from this journey will be the most important for healing our planet and ourselves.

Marijo Grogan, A.C.S.W., is a psychotherapist with a practice in Ann Arbor. Check her website at MarijoGrogan.com for updates on the Grail Journey workshops she will be offering in the fall. She can also be reached at: (734) 433-4213.

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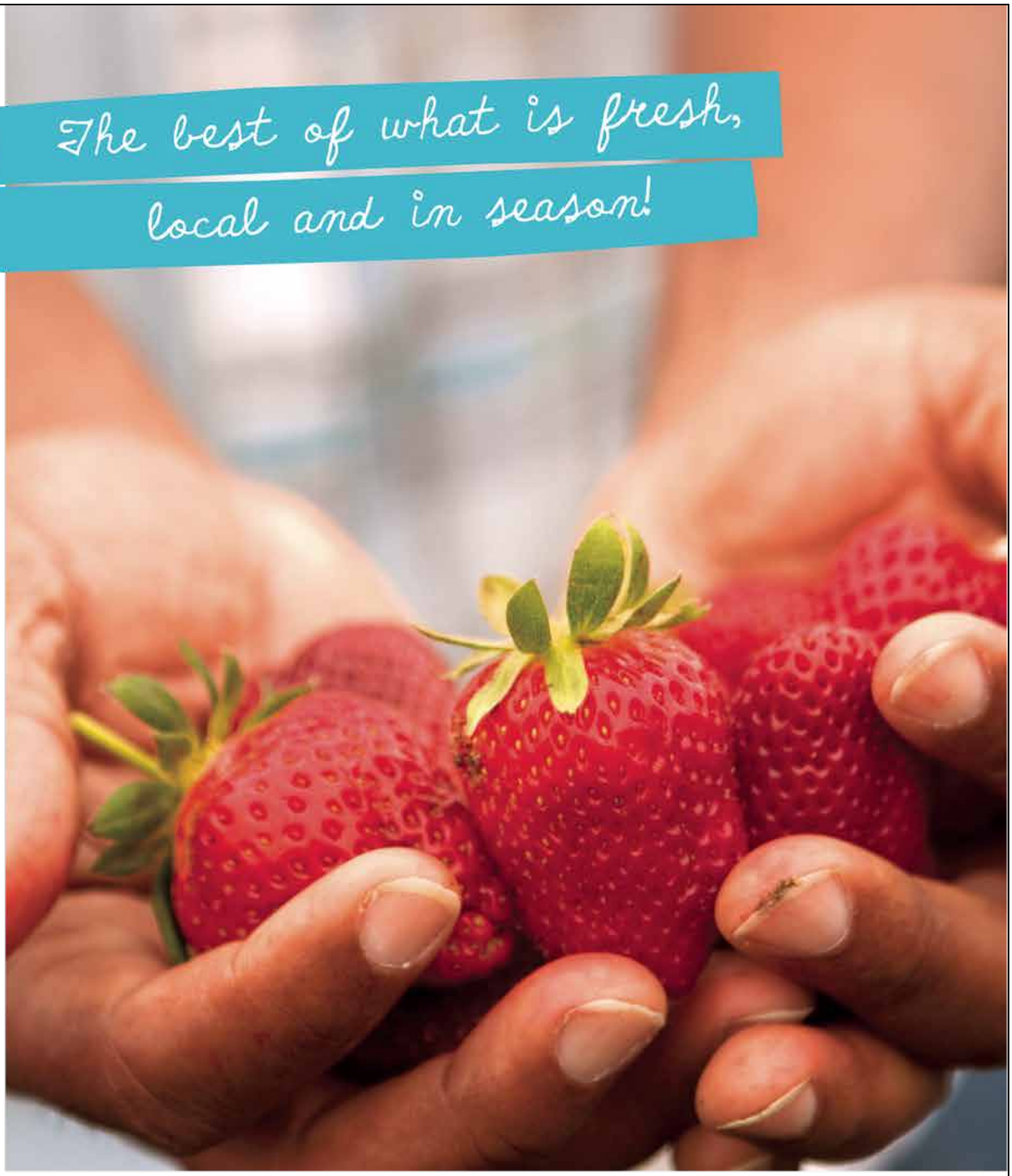

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